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THE MAN BEAUTIFUL.

BEAUTY has so long been considered an attribute exclusively pertaining to women, that the mere man may ask himself why among us moderns the Greek ideal is not as much in force as regards his own sex as it is with regard to the so-called fair sex. It has been argued, and with much show of reason, by philosophers, that man is inherently as beautiful as woman, both in form and face, the difference being one of kind, not degree. Owing to the stress of modern life, however, men have come to neglect their personal appearance, but this is a great mistake, not only from a social, but also from a business point of view, for first impressions are often the most important, and it is just as necessary for a man to give the best possible first impression by his personal appearance as it is for him to be neatly and fashionably dressed. These remarks apply more especially to defects of the face, which may either be absolutely repulsive, or at any rate give an unfavourable first impression. For example, redness of the nose, which may arise from quite a variety of causes having to do with the general health, is always put down by the unkind as an attribute of the tippler. Eyebrows which meet across the forehead give an exceedingly disagreeable impression, and are thought to be a sign of ill-temper. An ugly mole may mar even the most handsome face, and a birthmark is a hindrance to a man as well as a woman in the matrimonial market as well as socially, for people do not like to receive among their guests anyone who is repulsively disfigured, and I know of at least one man who shot himself because he could not bear to go about with a face one side of which was almost covered by a large port-wine stain.

Medical men are apt not to pay sufficient attention to mere matters of the personal appearance, which do not affect the health of the individual, and it has been left for a lady to take up a branch of science which has too long been neglected. This lady is extremely well known to the reading public as a high authority on health and beauty, and the clever editress of two very popular magazines, *Womanhood:* the magazine of woman's progress and interests, and *Baby: The Mother's Magazine*, a guide to the health and education of children. Mrs. Ballin has been in practice for upwards of twelve years, during which time she has cured over ten thousand cases of superfluous hair, redness of the nose, vein marks, moles, birthmarks, and other disfigurements in both sexes, and it is now becoming known that she devotes special care to gentlemen patients, so many of her lady patients having asked her to treat their husbands or sons. She treats men only for defects of the hair, face, and hands, such for example, as baldness, greyness, ill-shaped eyebrows, hair growing too high on the cheeks, acne, redness of the nose, moles, warts, and birthmarks.

Mrs. Ballin is particularly successful in severe cases of that birthmark known as port-wine stain, and in a recent interview she mentioned the case of an M.D. of the London University who, owing to a terrible disfigurement of this kind, was unable to get any but a poor practice in a poor neighbourhood. Mrs. Ballin entirely removed the mark, and he has now bought a West End practice in London and is doing remarkably well. In another case, a schoolmaster was nearly driven mad by the fact that he had a large mole on the tip of his nose, which afforded considerable amusement to his boys. After the mole was removed by this lady he became a happier man and able to obtain a better position. An amusing case treated by Mrs. Ballin was that of a gentleman who had very thick bushy eyebrows, and was extremely sensitive about them. Before proposing to the lady of his heart, he confided his trouble to Mrs. Ballin's sympathetic ears, and got his eyebrows re-modelled on a more approved plan. In another case a gentleman had a very ugly moustache, but having suicidal tendencies, was not permitted to use a razor. He was brought to Mrs. Ballin by his attendant, and the moustache removed by electrolysis, very much to the unfortunate man's satisfaction.

The majority of Mrs. Ballin's gentlemen patients, however, come to her for redness of the nose, and this she is able to treat most satisfactorily, partly by electrolysis, partly by dieting and by suitable local applications. An interesting case was that of a temperance lecturer, much hampered in his work by the knowledge that the persons he was addressing probably thought him a secret tippler; while another successful case was that of quite a young man who had been suffering from red nose, originally arising after an attack of scarlet fever. Being wealthy he had consulted almost every well known skin doctor in Paris and London, but was eventually cured by Mrs. Ballin after only twelve sittings.

As men are naturally shy about being seen when going for beauty treatment, every precaution is taken that friends shall not meet, or gentlemen patients encounter any of the lady visitors, a separate waiting-room being kept for gentlemen on the ground floor of Mrs. Ballin's handsome residence at 18, Somerset Street, Portman Square, W., while that for ladies is on the first floor. Her advice is sought on many subjects, and is always of practical service.

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For obvious reasons it is not possible for me to disclose the names and addresses in the cases referred to below, but in order that the medical profession may have greater facilities for investigating my methods and observing the results obtained, I cordially invite them, and I will gladly afford them every opportunity to study the records of all the cases that have been and are under treatment.

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CASE No. 4680. J.M.M. Medical man, aged 43, suffering with chronic constipation — ***Report after 28 days' Treatment.*** "I am extremely pleased to report myself as feeling A.1. Far more important I think is the increased feeling of well being and above all the **complete disappearance of the constipation** which has been my bugbear for 10 or 12 years."

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CASE 4871. Rev. G.B.S. Clergyman, aged 48, suffering from liver troubles, constipation an "tired and fagged out feeling."—***Report after 28 days' Treatment.*** "Greatly improved. **Have scarcely experienced that terribly tired, fagged-out feeling** in my work, which I suffered from before—bowels correct."

Insomnia.

CASE No. 4757. H.E. Gentleman, aged 28, suffering from insomnia, indigestion, and constipation.—***Report after 28 days' Treatment.*** "Very much better in health, **sleep sounder,** digestion better, and bowels correct."

Indigestion.

CASE No. 4711. B.W. Lady, aged 44, suffering with obesity, indigestion and constipation.—***Report after 12 days' Treatment.*** "**Digestion greatly improved,** bowels improved, heavy tired feeling better, weight reduced 1st. 2lbs. The doctor says I must on no account miss one of your exercises, they are all important."

Loss of Vigour.

CASE No. 5005. J.B. Gentleman, aged 22, feeling of extreme lassitude.—***Report after 12 days' Treatment.***—"Feeling greatly benefitted by your system. **It has put more vigour into my life.** feel more able for daily duties."

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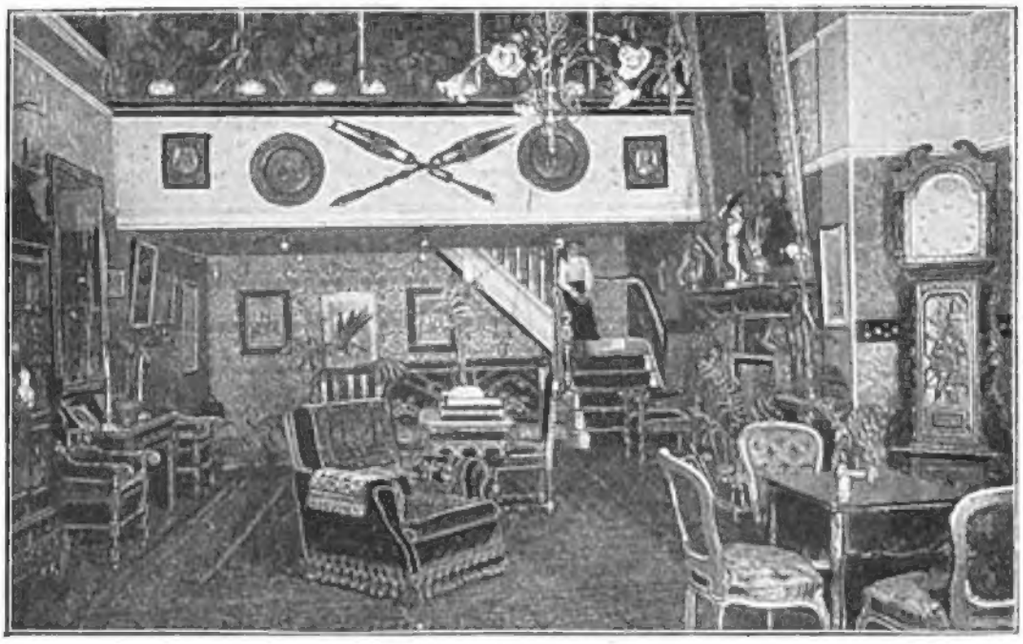

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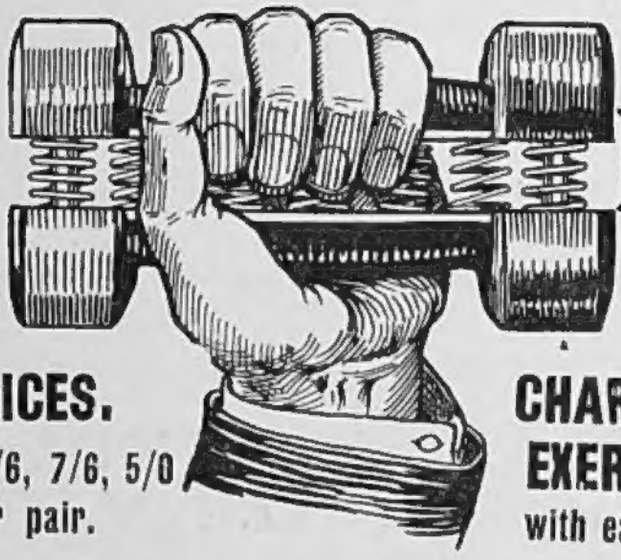

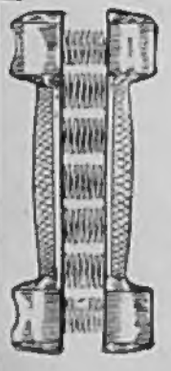

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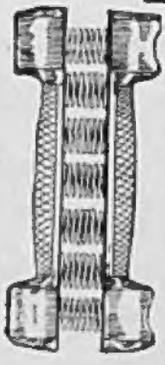

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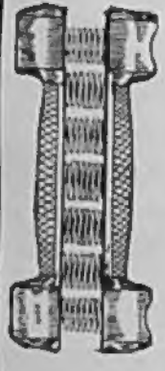

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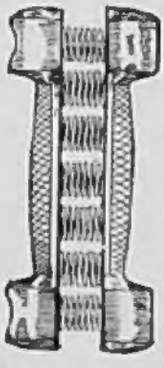

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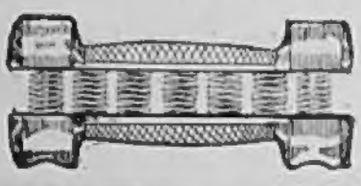

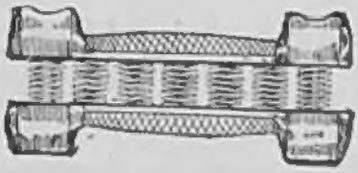

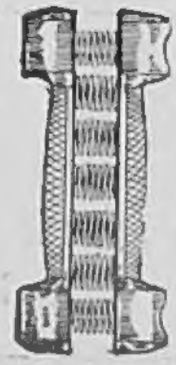

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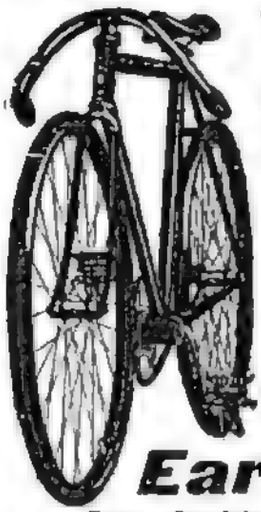

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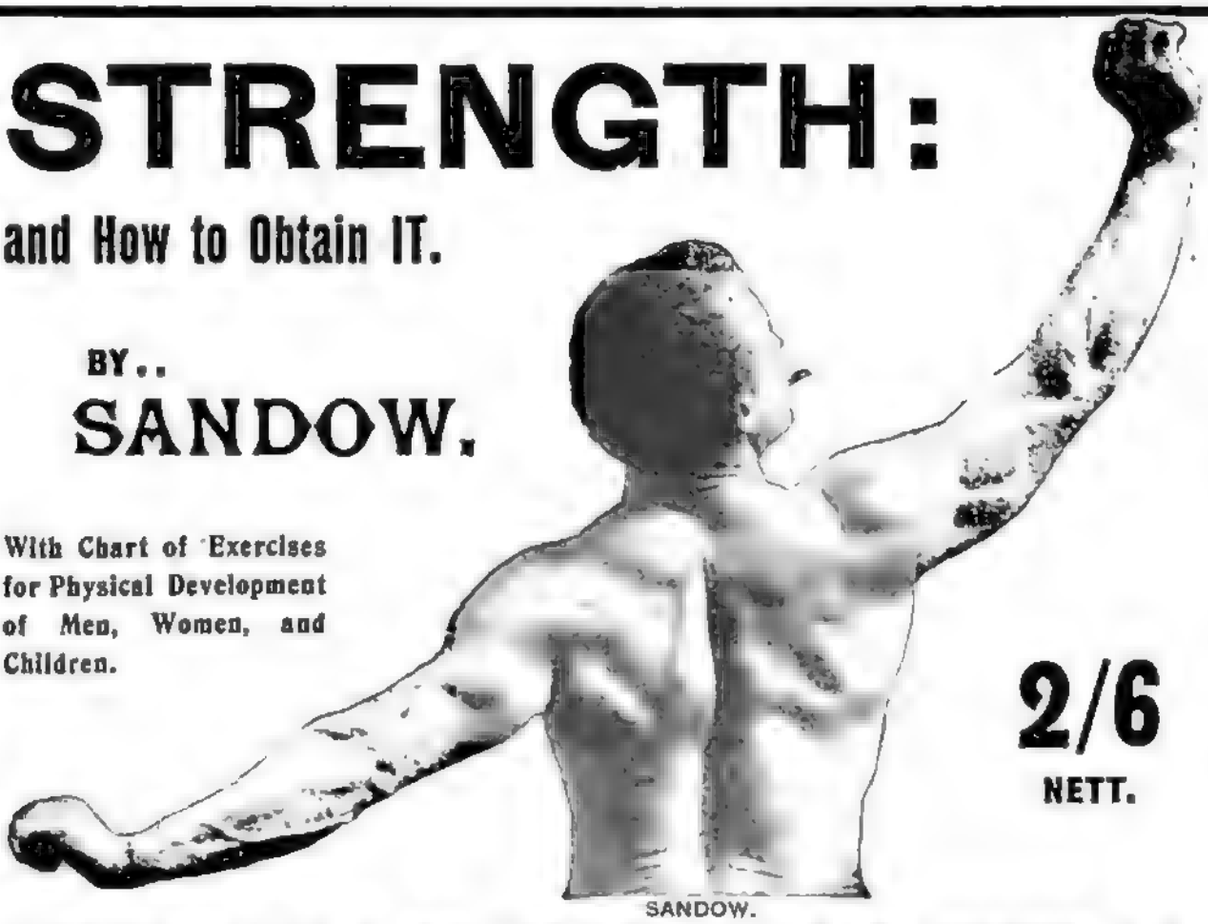

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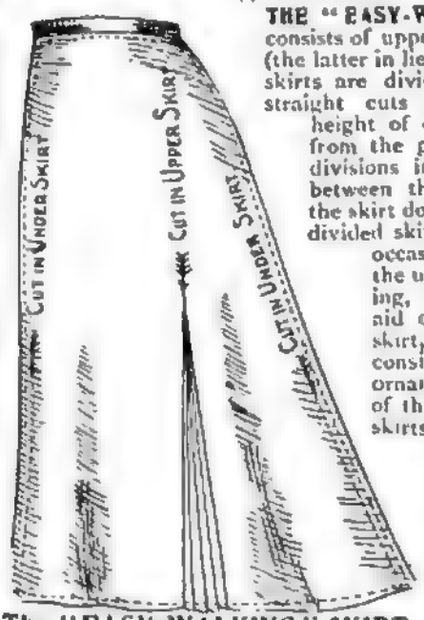

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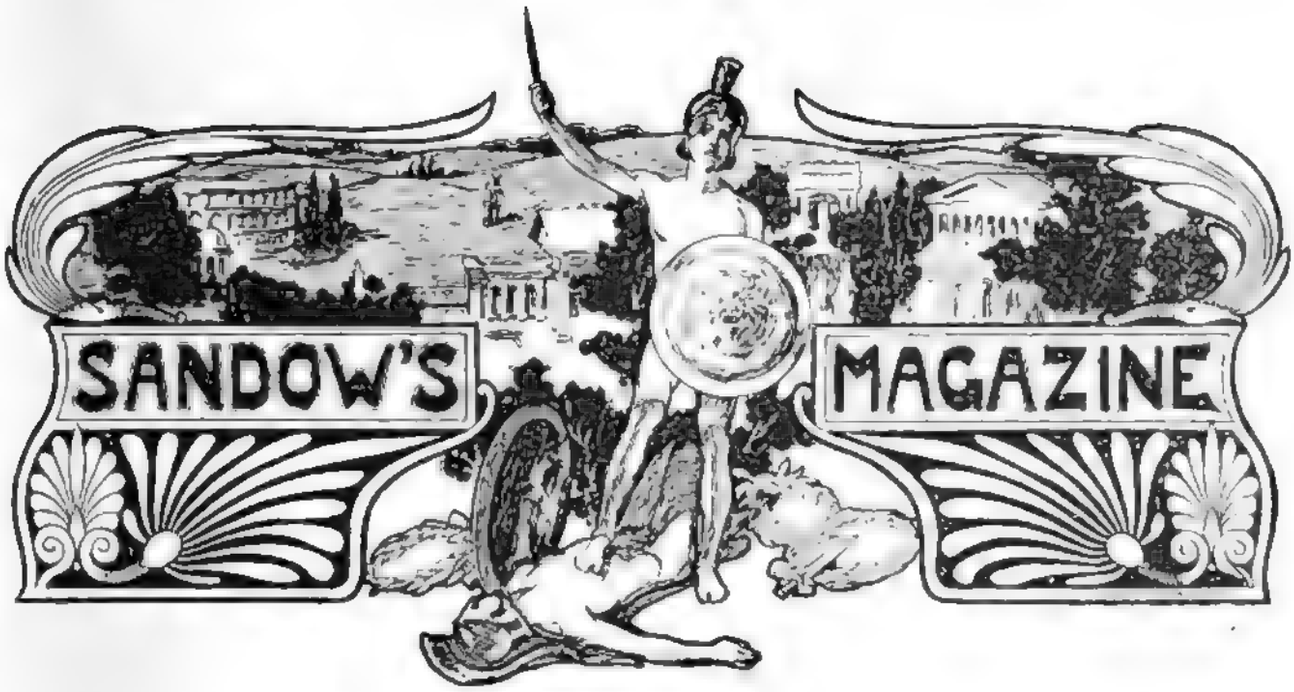

OF

PHYSICAL CULTURE, SPORT, AND FICTION.

VOL. XIII. JULY, 1904. No. 73.

The New Model Course Criticised.

SINCE my last article appeared in these pages, I have had more time to devote to the report of the Committee appointed to consider the question of the physical education of the rising generation.

The deductions arrived at, and the expressions of opinion made by the Committee, led one to expect a far better result in the matter of exercises, which after all are, or should be, essentially the whole soul of the report. We may go on talking and suggesting year in and year out, but unless something practical is the outcome of such talk and suggestion, it is so much time wasted. The Committee has not only suggested, but it has gone farther, and submitted to the authorities a code which is to take the place of the one previously used in the elementary schools, but much as I regret having to say so, taking into consideration the evident care and depth with which the Committee went into the matter, in my opinion theirs is so much time wasted, for they attempted to place something practical before us and have failed signally.

From the words used in the report, I understood, as many others no doubt did, that the military drill element had been entirely eliminated from the new series of exercises, but imagine my surprise when I

found that whole pages have been devoted to the explanation of words of command and the necessity of military precision; in fact, the first portion of the new code might easily have been taken for the "Recruits' Drill Book." These explanations and first exercises number upwards of twenty-five, and occupy, with the directions, seven pages of the Blue Book, and every one of the movements is of the purely military drill type which the Committee in their report stigmatise as utterly useless for bringing about a proper development. Now, just imagine what it means if these exercises are to be adopted as suggested. So much of the valuable school time—as we are repeatedly being told it is—is to be wasted for the purpose of gaining effect instead of result. Of course, precision of movement is to be desired, but is that to be gained at the expense of the children both mentally and physically? Surely just as much precision as may be required can be gained in the practice of the really beneficial exercises.

As I have so often explained, the whole secret of physical development by systematic exercise lies in the possibility of condensing into a few minutes daily work such movements as have a direct physical effect on every part of the body, and this, I fear, the members of the Committee had no thought of when they framed their code of exercises. There are, to be sure, a few exercises contained amongst the 109 movements which may be considered beneficial, and to these I will refer again later, but the bulk of them are absolutely useless as they stand, although some of them could be made advantageous were they combined with breathing exercises.

And speaking of breathing exercises brings me to the consideration of that most important branch of physical education, and which I regret to find has not received sufficient consideration by the Committee. The Royal Commission on Physical Education in Scotland, in their Blue Book, issued last year, lay such great stress on the necessity for the adoption of proper breathing exercises, citing, I may mention incidentally, my own as the best, with the result that in commenting on their findings I expressed the opinion that if their recommendations were carried out, in years to come there would be nothing but chests walking about! Of course we must breathe to live, and to live properly we must have proper breathing apparatus, which can only be obtained by proper development. It is therefore patent that any "course" must, to be complete and effective, contain exercises which will bring about the required improvement in the organs and muscles whereby we live. Judging from the exercises which have been devised by the Committee, this has also been overlooked by them, for the movements set out are of very little value.

Another very urgent matter, which the Committee has not thought fit to draw attention to, is the necessity of teaching the pupils to know their own bodies. Without knowing what it is doing and what it is doing it for, the child might just as well be left to its own devices in the play-ground, for without the concentration of the mind on the work in hand, the effort is useless and is so much wasted energy. One might just as much expect a child to acquire knowledge by detracting its attention from its task. It will therefore be seen how necessary it is that the teacher who has charge of the physical part of the child's education should be able to tell what particular muscles are brought into play in any exercise, and teach the child to concentrate its mind upon those muscles which are being exercised.

I have only space at my command to comment briefly on the various exercises. I have already referred to the first section which are placed under the heading of preliminary class arrangements, and which I have already stated are sheer waste of time. In addition, at least one (No. 15) is positively harmful unless very correctly executed, and this only an experienced physical instructor would be able to tell, whilst the jarring effect of some upon the spinal column makes them undesirable. In my opinion all that is

required as a preliminary arrangement is for the children to be taught to leave their forms in an orderly manner, and take up their positions at arm's length between the rows of desks from whence nearly every exercise necessary can be executed. Exercises 28 to 37 are devoted to the arms, and here we find a woeful neglect in the explanation of the various exercises. For instance, the first movement is to be performed quickly, whereby the desired result is lost, whereas if the exercise be done slowly much is to be gained thereby. The next two movements have no value to be placed upon them as developing agents, and the remaining exercises in this section also lose their value from the fact that there is no mention that they are to be performed so as to extend the intercostal muscles. In the next section, which is devoted to balance exercises, we find, probably, some of the most preferable movements, but here again many useful directions are omitted. For instance, it is always advisable before giving anyone exercises which place a strain upon the muscles of the calf and thigh to ascertain whether there is any predisposition to varicose, a result which under such circumstances might easily arise from, say Exercise 38. Others in this series are to be commended, but in some instances, notably 41 and 42, are very difficult for young children to execute. We next come to the shoulder exercises in which the movements lose effect from the fact that mental effort is not introduced to cause the muscles to be tensed, whilst some (Exercises 52–54) could not produce beneficial results unless combined with a proper breathing exercise. Jerky movements, such as Exercise 55, are to be condemned as causing strain without any satisfactory result. The section of lunging exercises, provided they are carried out with a due regard to the physical capabilities of the pupils, of which there is no mention, contains some movements which may prove beneficial, but the directions are much too complicated to be intelligible to the ordinary child, who does not require some seven or eight words of command given in order to complete an exercise (*see* Exercise 68). There are a large number of exercises devoted to the head and trunk, many of which might with advantage be eliminated or incorporated with other movements, and then we come to more of the military element in a dozen marching exercises which are nothing more or less than the drill book reproduced, and not more than one would be required to bring about an improvement in deportment. Unnecessary space is also taken up with seven jumping exercises, and the syllabus concludes with three breathing exercises which in my opinion are likely to be exactly the reverse of beneficial for many reasons, which I must reserve for another time.

To sum up, the suggested exercises fall far short of the promises made by the Committee in their report, and a very thorough overhauling will be necessary before the syllabus will be anything like perfect.

SPORTING SPECIALITIES.

In these columns we propose introducing to our readers the latest developments and innovations in the way of sporting implements, etc., particulars of which we shall always be pleased to receive.

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For the first time in the history of the Amateur Golf Championships, and it goes back very many years, the title, like many another English one, is to find its way across the "herring pond," Mr. W. J. Travis having secured the coveted

trophy. Like most pastimes, a good deal in golf depends upon your implements, and it says much for the quality of goods turned out by the eminent firm of A. G. Spalding and Brothers, of Fetter Lane, E.C., that Mr. Travis should prefer their goods to any other. One of Messrs. Spalding's specialities which we are able to reproduce here is their "Schenectady" putter, which is considered to be one of the most deadly on the market. It is made for either right or left-handed players and is retailed at the very low price of 6*s.* 6*d.* From personal experience we can heartily endorse all the eulogistic encomiums which have been expressed with regard to this club.

* * *

The fresh lease which the game of croquet has taken during the last few years has induced the manufacturers of sporting implements to supply the necessaries for this pleasant outdoor game at a much cheaper rate than we were wont to pay, even to quite a recent date, which remark applies equally as well to most other sport and pastime implements, and with other firms, to Messrs. Gamage, Holborn, London, thanks are due for this improvement.

The illustration given below is of their "All England Croquet Set." It can be purchased from them for the modest sum of 41*s.* It consists of four good French-polished boxwood mallets, 8 in. by 3 in., with octagon handles 3 ft. 2 in. long; four best boxwood balls, $3\frac{3}{8}$ in. six enamelled arches of improved pattern; boxwood hammer; iron drill; special markers; starting post; turning post; the whole being enclosed in a strong, well-made box.

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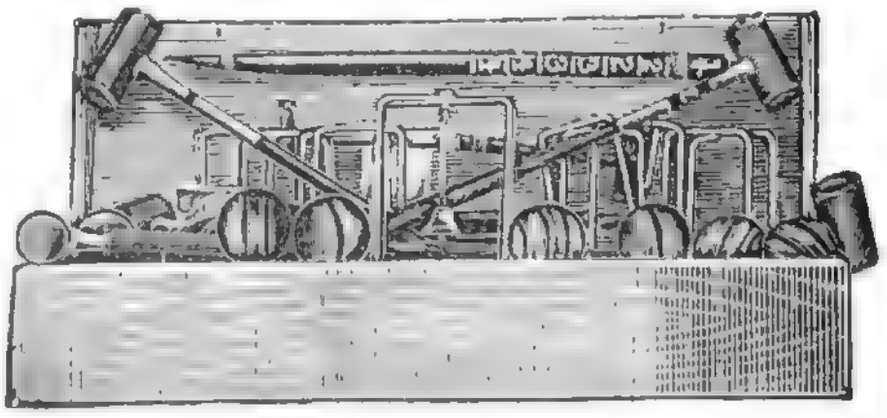
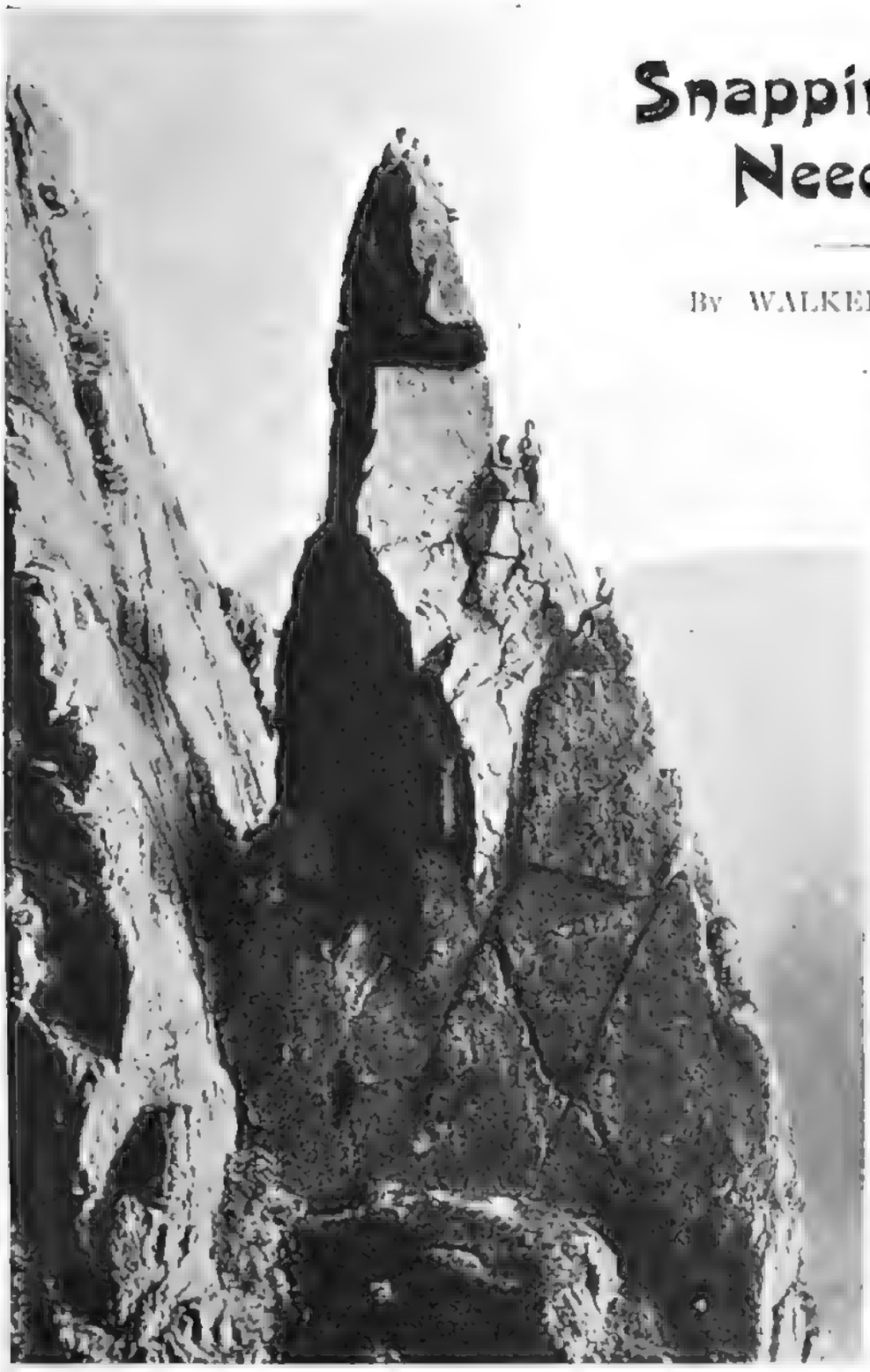


Snapping the Needle.

By WALKER AIDAN.



THE GABLE NEEDLE.

"ATTEMPT Needle, Thursday. Come if possible." This was the text of a message my Westmorland friends flashed to the Metropolis, urging a furlough from studies and bidding me to holiday, needed if not earned. Camping out, stiff climbs, and hearty meals! Visions of happy days were before me, the telegram referring to a long postponed attempt to climb the celebrated Gable Needle—a mountain peak in the English Lake District, which, to the inexperienced, suggests an ascent more dangerous than Scafell, although the latter has increased its death-roll in recent years.

As a photographer, one of my ambitions—perhaps it was foolish—was to snap the Needle and prove to doubting friends that we had rested on the point. Rejoicing my holiday arrangements were complete, midnight found me leaving Euston in the L. & N.W.R. express for the North, and a journey half-slept brought me to Kendal in time for breakfast. Few districts are surrounded by so many natural beauties, and those who had joined our holiday camps, trodden the mountain paths, and gazed on the delightful lakeland scenery from the summits in the Cumberland group, felt they were spending an ideal holiday "near to

Nature's heart." It sometimes means work while at play, but the exhilarating air is an elixir of life, and when we return from the hills there is an absence of that oppressive feeling accompanying visits to crowded "pleasure resorts," and best interpreted by the small-wit "You should never work after a holiday!" A throb of satisfaction enters the breast of a young man who sets his foot on his native heath at the commencement of a vacation and feels the grip of "kith and kin." "Welcomes," such as Westmorland folk can so heartily give, were followed by a talk about "camping out." The plans were disclosed by the captain in command of the eight young men determined upon a peaceful invasion of the lonely valley of Mickleden, at the upper end of Great Langdale, with its Pikes known to every tourist who has "done the Lakes," and kept his eyes open.

The fatigue party had sent a couple of tents by a carrier in advance, and it was understood that 2 p.m. should be the hour for leaving Old Kendal, with its castle ruins. A final inspection of the commissariat revealed the omission to cook a prime Cumberland ham, the chief item in our pic-nic larder. No time was lost by vain regrets, but a big pan soon emitted a sandwich flavour, and three of the party agreed to wait till our sisterly cook had done her work, while five left at the appointed time, awheel, and promised to prepare the tents.

Those who prepared the way were lucky, because the weather broke in the evening. We started at 8 o'clock, Johnson carrying the ham under one arm and steering his bike with his right hand. Winder was burdened with a rucksack packed in a mysterious manner, and Miller was under promise to act as relief guard. The long hill out of Kendal takes negotiating without a load, and whether Miller's mind was upset by his prospective duties others can judge, but he told his chums "he had had enough," and returned home. He tried to persuade us afterwards that he knew a storm was brewing, but, like his namesake in the song, he must have been thinking of "a maid."

The threatening clouds drew nearer and nearer, and rain began to fall. Before we reached Langdale, a distance of 22 miles, the wind, rain, and sleet made cycling almost impossible. But Johnson never wavered, and at length our eyes discerned through the intense blackness of the Mickleden Valley the welcome tents. The weather was a sufficient excuse for the advance guard to forget to prepare our supper—they did not expect us on such a night—but our consolation lay in the ham, and that, to quote another ditty, was "something to be thankful for."

But the storm made us think of our surroundings. Imagine a deep, narrow valley lying between hills from 2,000 feet to 3,000 feet above sea level, the hurricane sweeping down the deep ravines and threatening to rend in pieces our fragile tents, in one of which two weather-beaten cyclists crouch over an oil-stove. A mighty gust tears the canvas, but it is temporarily repaired with table forks. Another blast loosens the forks and hurls them across the tent, just missing Johnson's manly face. Such experiences do not startle "campers," but the wreck of the tent compelled us reluctantly to turn in to that of our neighbours' and, like them, we were soon wrapped in slumber.

"Five o'clock! A splendid morning!" are the next words heard. The only traces of last night's storm are seen in the dilapidated tent, and the foaming torrents rushing down the mountain gorges. A motley crew file out for duty, a fire is kindled and breakfast is soon ready. By 8 o'clock we begin our ascent of the forbidding-looking "Rossett Ghyll"—a toilsome climb which once led a spring poet to enter the following lines in a visitor's book in a Langdale hostelry:—

> If I were a lover and loved a lass
> Who lived at the top of Rossett Pass,
> Whilst I abode at Dungeon Ghyll,
> I'd swear by all that's good or ill
> To love and to cherish her ever and ever,
> But go up to visit her—never, never!

Our men are "not built that way," they are accustomed to the Ghyll, and chaff exchanged diminishes the fatigue. Upward we trudge over slippery boulders and round crannies until the summit of Esk House (2,000 feet) is reached. Then Great Gable (2,949 feet), the finest shaped mountain in the Lake District, appears in front. Here Eagles exhibits a disposition to "scorch" and show us the way, but is penalised by being commanded to carry the provisions, to which "a few stones" are added as a scriptural reminder—a text which was enforced upon us later.

At Great End a digression is made to secure a photograph of the famous rock-bridge in Cust's Gully, and a halt is ordered for lunch to fit us for the stiffer ascent of the Gable. The height from the pass is 1,300 feet, and to the initiated occupies about three-quarters of an hour to surmount.

There is a remarkable view from Westmorland's Cairn, on the top of the cliff overlooking Wastdale. So steep is the mountain side here that when standing 6 feet from the edge nothing can be seen nearer than Wastdale Church, 2,500 feet below. Our path lies to the right of the Cairn, and

THE ROCK BRIDGE IN CUST'S GULLY.

after a short scramble we stick our feet into the loose powdery rock, or "scree," and shoot down the side of the mountain at a quick pace. On and on we speed through the yawning red jaws of Great Hell Gate until our leader, Johnson, cries "halt," and turning a corner we find a tiny pile of stones. A short walk brings us near to the Needle—a first favourite amongst enthusiastic climbers in the Lake District. Tall and gaunt it stands on the slope of a mighty ridge that extends in an unbroken line to the very summit of the cliff.

"Confound it!" ejaculates the photographer, "it's too high!" "Do you mean to climb?" asks his nearest companion. "No, too high for my lens to take it all in. Shall have to use ——." The remainder of the sentence was lost to our ears, for Johnson had already roped his men and commenced the ascent. Placing his left knee and the fingers of both hands in the narrow crack (which can be seen in the picture), he slowly wriggles upward. Meeting with some difficulty halfway, the second man holds his foot upon a minute ledge, as Johnson swings out on the rock face, and eventually arrives on the broad platform where the rest of us join him before undertaking the final struggle. The next move is on to a ledge resembling a mantelshelf, along which Johnson walks with chest tightly pressed against the rock. So narrow is the ledge, and so exact the balance needed, that a very deep breath will throw the climber back into the arms of the man behind.

CAMPING IN LANGDALE.

Reaching the corner of this ledge nearest to the camera, Johnson raises his left foot to a projection about two inches in width on the side of the top block, and placing his fingers on another slight projection, he slowly raises his weight. Up he goes with the greatest care, for a false move means a mangled corpse. The assistance given by the rope is very slight, and the first brief halting place is 70 feet below. We watch him with confidence, which drives out thoughts of danger. Still higher, until his fingers grasp the edge, a mighty heave, and he has conquered, but he lies almost breathless on the top of the huge rock. Two more follow his example, and when the trio are "in position" on the Needle, the photographer secures his coveted impression on the plate and looks happier than those who have made the dangerous ascent. One young climber, finding the strain on his fingers too great, slipped back just before reaching the top of the Needle, and for one thrilling moment swung out on the rope, until the stronger arms of Johnson hauled him to a place of safety.

We rest, drinking in the beauty of the landscape, "ever charming, ever new," and inflating our lungs with unadulterated air—the great rewards of hill-men. The descent occupies a comparatively short time—it is easier to go down than to rise in Nature's world too—and we look anxiously for Eagles, in whose charge we had left the sandwiches. We found him taking things easy, apparently

well satisfied with himself although he had not attempted to soar to the highest heights. He failed, however, to give a just account of his stewardship. "We asked for bread and received a stone." Mountain air does stretch appetites, but it was difficult to believe that the sandwiches for five had been accommodated by one! He had his revenge for the trick played on him earlier in the day, when we penalised him by placing stones in the knapsack. A court-*barren* is held in the pass, and he is tried, found guilty, and sentenced to a ducking in the nearest tarn. But "fishy" as was this punishment there were no loaves (nor sandwiches), and we tramped back to Langdale, tired and hungry—all but one!

The incidents of the day were not over. In descending the Rossett Ghyll, Howard slips and injures his ankle, requiring "first aid" from companions on each side. After an hour's very slow progress, Winder volunteers to go to the tents and return with a lantern. Before he reaches Mickleden Valley, "darkness has covered the earth," and striving in vain to keep to the track, he makes a bee-line for the spot the tents were thought to be. The weirdness of that solitary tramp through the marshy ground is impressed on Winder's memory—one moment fighting through brackens and furze, the next plunging knee-deep in a muddy pool, and finally wading across a river on the further side of which tents had been pitched. The lantern helped him to pilot his own way back to the ambulance contingent, and the litter was sooner in safe quarters than it would have been. A mighty supper for all but Eagles, and the events of the day were discussed; an adjournment made to the sleeping tent, and —the rest was between blankets.

LUNCHEON AT STY HEAD.

Every-day Ailments Treated by the Sandow System.

AS it is my intention in this article to show the important part that a scientific system of exercises plays in regard to the impairment of the functions of the alimentary canal, I should not deem my desire fulfilled unless special cognizance was taken of all such complaints as dyspepsia or indigestion.

It is difficult, however, to discuss this subject with due inquiry into the causation of those groups of symptoms that are referable to the stomach and which are independent of any discoverable local or constitutional disease. The most convenient method of procedure will probably be to consider briefly (1) the causes of dyspeptic symptoms; (2) the peculiar phenomena that constitute dyspepsia; (3) the sympathetic train of symptoms that this morbid condition engenders; and (4) its treatment.

As it will be utterly beyond the scope and purpose of this article to particularise the causes of digestive troubles by grouping, I will confine myself to the main causes, which are:—

1. Sedentary occupations which preclude the opportunities for muscular exercise.

2. Improper arrangement of meals, such, for example, as taking one meal only during twenty-four hours, or crowding all the meals within a period of, say, from eight to ten hours, and during the remaining hours taking no nourishment at all. Another bad practice is that of interpolating "snacks" between the more important meals, and thus refilling the stomach before it has time to rid itself of its previous load.

3. Phenomena that are referable to other organs, viz., abdominal flatulence, palpitation, irregularity of heart action, and lung troubles.

4. Alcoholism.

The treatment of this distressing ailment—dyspepsia—is a subject of considerable importance, and demands on the part of the sufferer a good deal of trust and resolution. The first object should be to ascertain, and then remove, the causes to which the ailment owes its origin, and, if possible, to obviate them.

The object of this treatise is not to explain the *modus operandi* of medication, but more particularly to emphasise the necessity of a well-regulated system of concerted muscular action that will operate in an antagonistic form to those group of causes that lie at the root of the painful and abnormal condition.

I consider that the due attention to systematic exercise constitutes in itself a science of health which invariably has for its object the prevention of disease and the prolongation of life—in other words, the maintenance of the people in a high state of efficiency either for the labours of peace or the struggles of war.

Referring to the syllabus of causes, I need scarcely dilate upon the necessity of muscular action to develop the amount of caloric necessarily depleted in the body of any person following a sedentary and generally unhealthy life.

It is obvious that exercise, engaged in judiciously and under competent guidance, should form an important part of the daily routine. If such systematic muscular exertion is not employed, the improper feeding referred to must bring with it the nemesis of all the distressing symptoms that mar the happiness of the unfortunate victim.

This is advocating, or rather showing, a means of preventing digestive troubles, but those unfortunate persons who may actually be suffering from such evils as dyspepsia or

indigestion need not despair, for it has been proved that not only is systematic exercise a preventive, but, if properly regulated, will act as a curative agent.

The exercises suggested by Sandow in the number of cases that come before him to be dealt with solely by correspondence all tend to remove the various distressing symptoms which are referable to the stomach, or any other part of the human body. Not only is the dyspeptic treated by Sandow's system, but cases of phthisis, diseases of the lungs, and tuberculosis, have all been successfully dealt with. The records kept of the many cases that have been successfully handled by Mr. Sandow—through his system of correspondence—bears excellent testimony to the benefits to be derived from undergoing a course of treatment as regulated by this expert.

Although Mr. Sandow may never actually see his client, so complete is his system from beginning to end that not one little item, however apparently insignificant, escapes his notice. The exercises are regulated to suit the individual and are never in any way unduly distressing.

Yet, in advocating the necessity of regular and carefully considered methods of muscular exercises for the prevention and the cure of various diseases, one must be careful to thoroughly investigate any system offered to the public. Above all things one must see that in actual treatment the routine suggested is quite within the range of the physical powers of the person treated. The physically weak must have their system of exercises properly regulated to their limited abilities. The same applies in the case of children. I can bring abundant proofs of the value of muscular exercise in the ailments of childhood, but I can also bring proof of cases where injudicious muscular exertion has not proved beneficial. Writing of children's ailments reminds me that a case of chorea or St. Vitus' dance has been successfully treated by such a system as Sandow advocates. The case in point which came particularly before my notice was that of a boy eight years old. In spite of his affliction he was allowed to join a physical culture school and undertake the lighter series of exercises. At first he was unable to make the required movements, but he was allowed to continue and, after a few lessons, it was evident that the incoordination was less marked. By the continuance daily of the exercises, under careful supervision, in less than three weeks the distressing symptoms had entirely disappeared. I find that the Sandow system of treatment by correspondence can furnish some equally satisfactory cases where permanent cures have been effected after a "course" lasting only a few weeks.

Muscular exercise is no bar to the employment of medicaments; as a matter of fact, the former often acts as an aid to the latter. Systematic exercise can, however, replace merely medicinal treatment and, in certain cases, is admittedly a more satisfactory curative process. It certainly has one claim to popularity in that, if properly directed, it is perfectly harmless. The stress of modern civilised life brings out many latent traits of those whose inheritance is the cruel keenness of, competition, unsuitable work, irregular meals, and mental strain. I am in perfect accord with Sandow when he states that a proper attention to physical fitness will render a man both bodily and mentally fit for the struggle.

Referring once more to dyspepsia, I may say that active bodily and mental exercises immediately after or before a meal must be taken into consideration as a factor in the production of dyspepsia. But I shall refer my readers to the recommendation of Sandow, who, doubtless under medical advice, distinctly states this as a warning. I should like also to say that it is equally as absurd to indulge in vigorous exercises on an empty stomach.

Referring to the question of chronic alcoholism, I may say that even this terrible trouble has been satisfactorily dealt with by the Sandow system. This is easily under-

stood when it is remembered that the Sandow system makes a distinct call upon the will-power of the individual undergoing treatment.

From these few remarks it will be seen that systematic exercise may be employed as a curative agent in the most serious cases of dyspeptic troubles, and it needs but a glance at the testimonials in the Sandow office to see that the system of treatment by correspondence has proved successful even in the most stubborn cases.

ROBERT BESWICK, M.R.C.S., L.S.A.

TORSO OF VENUS.

Hints for Budding Oarsmen.

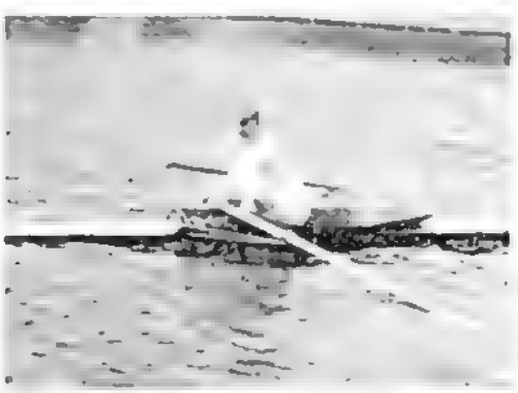
Illustrated by a series of photographs of W. G. East, Champion of the Thames, and King's Bargemaster.

PROBABLY on Saturday next or the Saturday after you will be off for your holidays. Then this article should interest you as it contains some practical hints for guidance in that most fascinating of all holiday sports—rowing. Not to the holiday maker only should this article be interesting, but to the budding oarsman much useful advice is here given.

HOW *not* TO HOLD THE SCULL.

HOW TO HOLD THE SCULL.

Never grip your oar when rowing; hold it lightly with the four fingers above and the thumb below. If you intend to go in for this sport seriously, it will be as well to proceed to work. Get into your boat carefully, stepping on to the kelson, and fix your oar into the rowlock. Just notice that your "stretcher" or foot-board is properly fixed, and that the feet straps are correctly placed.



A BAD BEGINNING OF STROKE.

A GOOD BEGINNING.

To be able to row well needs no special gifts, except that of following instructions. Supposing that a fixed seat gig has been chosen for the first day's outing, we will practice behind a friend who knows something of the art. In addition to giving you points in style, this will allow you—through only having one oar to manipulate—to

concentrate your attention on the stroke. When ready, swing the body well forward,

BEGINNING OF STROKE.
(Front view.)

with a straight back and head up and arms well away, in fact, the latter should be stretched straight out. Just get the blade of the oar under water, so that in the pull there will be no waste of energy. Now pull in with arms straight and the body swinging back, and the legs, or rather the feet, pressing against the board. When the body has gone past—only a little way past the perpendicular

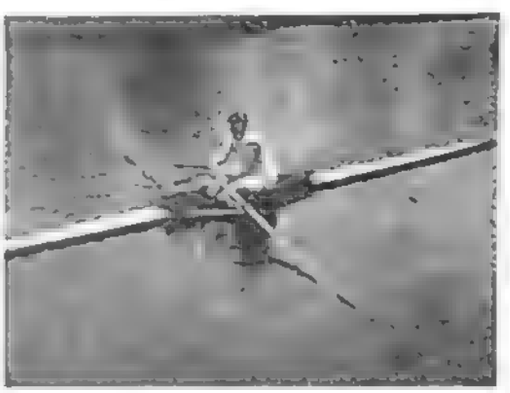
GOOD MIDDLE OF STROKE.

—complete the stroke by pulling in the hands to the chest. At the end of the stroke the thumbs should just touch the chest.

To come forward for the next stroke, first drop the hands down by the body and then turn the wrists upwards to bring the oar on the feather. The dropping of the hands brings the blade out of the water, and the turn of the wrists must certainly come after this, or else the oarsman will be trying to lift a quantity of water on the blade of his oar. Now to get on to the next stroke. The hands must be sent out clean away from the body, and as soon as the arms are straight the body swings forward, and when in this original position at the commencement of the stroke the oar is taken off the feather and dropped into the water. This is a complete description of the movements from the beginning of one stroke to the commencement of the next.

END OF STROKE.
(Side view.)

The great faults to look out for are getting the body too far forward in the recovery or oo far back at the end of the stroke. The novice must notice that his blade keeps an even depth all through the stroke, remaining just covered all through. Avoid all jerkiness, remembering that the movements described are continuous, and in reality but parts of one motion.



BAD MIDDLE OF STROKE.

Rowing on sliding seats is much preferable to rowing on fixed seats as a

longer stroke results. Once the amateur has grasped the idea of using his oar on a fixed seat, he should have no trouble when working with a slide. It is advisable not to choose a slide with a very long run at first; a ten-inch run is quite long enough for the novice.

On the sliding seat, at the beginning of the stroke, the slide comes right forward, the arms, as on the fixed seat, stretch straight out, and the body swings to its position as described. Now, in the pull it must be

FEET IN THE STRAPS.

remembered that the body moves first and not the stretcher, the slide starts backward just after the body has begun to move. If the slide gets back first you will be wasting all your energies, and the value of the stroke will be absolutely spoilt. The slide works with the body, and at the finish of the former's movement the latter will have come

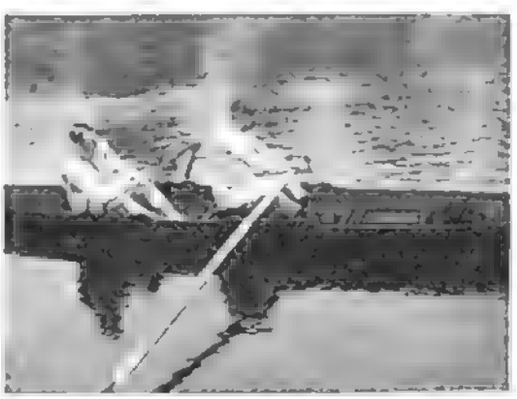
A GOOD BEGINNING.
(Fixed seat.)

right back to its final position, and the hands will be borne to the chest. On either fixed or sliding seats you must notice that the legs are doing their proper amount of work. Do

A BAD BEGINNING.
(Fixed seat.)

not let the arms do all the work. In rowing, the body and the legs are of much greater importance than the arms.

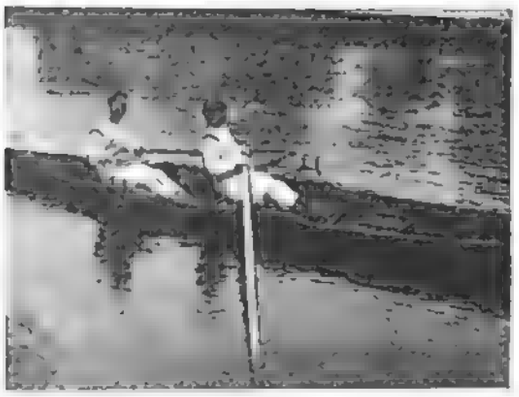
At the end of the "pull" on the sliding seat the legs will be not quite "hard down" or straight out. Opinions differ on this point, but I venture to suggest that the instruction given is correct.



BAD MIDDLE OF A STROKE.
(Bringing the blade out of the water by lurching.)

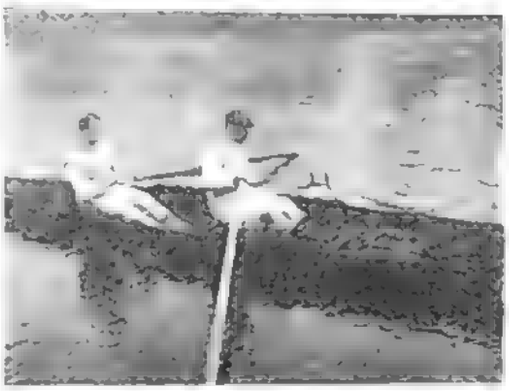
Coming forward for the next stroke after the turn of the wrists, as explained when speaking of the fixed seats, the arms are driven straight away from the body. The body starts its forward journey just a second in advance of the slide, and when the former is pulled forward the slide will have reached the end of its run.

There is always a tendency, the amateur will find, to double up the body in these



GOOD END OF STROKE. (Fixed seat.)

movements, and also to "clench" the knees tightly together. The body must be kept straight, leaving plenty of room for the working of the stomach muscles, perhaps the most important muscles to a rowing man. The knees must be kept slightly apart, or they will not work easily, and in all probability the actual stroke will suffer. Length of stroke is what is mostly to be desired, but to obtain this there must be no "falling over the stretcher," as the rowing man says, neither must the body be brought too far backward. Quickness is also very desirable, and either of the two faults mentioned means loss of time.



BAD END OF STROKE. (Fixed seat.)

It is perhaps needless to remark that continual practice under the eye of a "man who knows" is the only thing that will bring perfection to the amateur. A careful attention to details is essential, for in the observance of details lies the difference between success and failure.

Sculling is, if anything, a more fascinating sport than rowing. Certain it is that this art calls for a greater amount of skill than many people would imagine.

If you have determined to take a few lessons, choose a vessel not too light in build. You must be very careful how you enter a sculling boat, as even the heavy ones seem but toys by the side of an ordinary pleasure skiff. Step firmly on the kelson and get your seat as quickly as possible. It is as well, perhaps, for the novice to take a few lessons in sculling in an ordinary gig, as unexpected baths are always unpleasant.

The holding of a scull is entirely different to the holding of an oar. Instead of the thumb going underneath it "caps" the scull, as shown in the illustration. The position of the sculler at the commencement of the stroke is similar to that of the rowing man.

The hands are well away, and the body is well beyond the perpendicular, with the head well up. Keep the blades under water and pull in with the body swinging, as previously explained. To keep the hands from fouling one must pass over the other, it is immaterial which "gives over."

HOW *not* TO HOLD THE OAR.

The racing boat is such a delicate little craft that the least clumsiness in action will

HOW TO HOLD THE OAR.

probably result in a catastrophe. The ability to sit a boat is one of the first things to be learnt, and also it is necessary to know how to counteract, by slight movements of the body, such troubles as wind and tide. This is what is known as "watermanship," and is an art only gained after long experience.

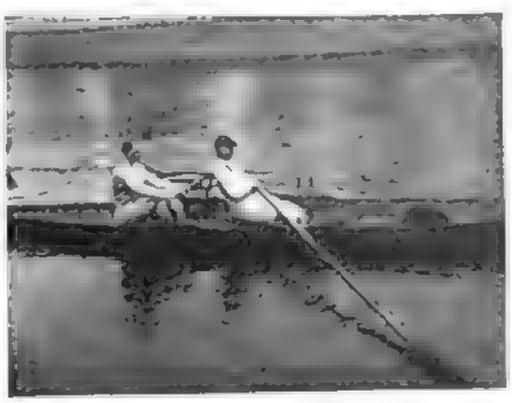
The first hours' work in a sculling boat will probably show the amateur that his craft would much sooner go in any direction than the one desired; this is mainly due to the uneven working of the hands and arms. The actions on each side of the boat must be simultaneous, really representing one movement.

A GOOD BEGINNING. (Sliding seat.)

In sculling, the legs, if anything, play a more important part in the work than in rowing, and at first will cause a lot of trouble to the amateur.

GOOD MIDDLE OF STROKE. (Sliding seat.)

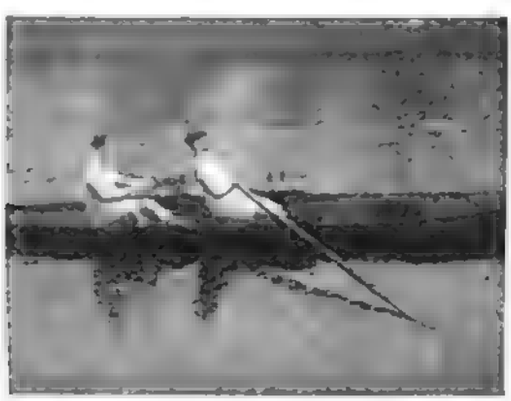
The position of the legs in the boat, to a great extent, will be determined by the fixing of the stretcher. This last must be so placed that when in the middle of the stroke the hands come over the knees there must be no fouling. The knees sink just to let the hands go over. The individual physical qualities of each sculler will determine the distance at which the stretcher must be placed, as also they will determine the length of his slide and the length of his sculls.



A BAD FINISH. (Sliding seat.)

The length of the oar in rowing, and also of the scull, is of particular importance to those men taking up this sport seriously, and it may be as well to remind the amateur that it is not always the longest oar that gives the best or longest stroke.

As in rowing, so in sculling, if the slide gets away too rapidly (*i.e.*, before the body has commenced to work), the value of the stroke will be spoilt. It will need a great deal of practice to successfully time this working of the slide, but this branch of the oarsman's art must be completely mastered ere any progress is made.



A GOOD FINISH. (Sliding seat.)

There are many men who fall into the very bad habit of pulling with all their might at the beginning of the stroke, and gradually easing off towards the end. This is a great mistake. If anything, the reverse of this should be the case, but the best stroke is undoubtedly that which, once having obtained a grip, is worked steadily through from beginning to end.

How to steer a sculling boat is a question that will, at first, vex the amateur. Professional men know the various courses so well that they practically have no cause to trouble about steering. The amateur will find, however, that now and again he will have to make a slight turn of his head in order to find his direction. One authority suggests that the time to turn is when full forward, as there is at that time less chance of the boat feeling the effects of the movement of the body.

When taking his first lessons the oarsman will, of course, choose an "inrigged" vessel, both when using fixed and sliding seats.

The photos given with this article will serve to show bad points as well as good points. In those illustrations where two men appear it is the front man whose position should be studied, the other man is there merely to balance the boat and his various positions must not be studied.

It is impossible in such an article as this to give more than the mere outlines of the work that must be done by those wishing to become accomplished oarsmen. However, if the hints given are carefully followed the results will be satisfactory.

In rowing and sculling, as in every other branch of British sports, practice makes perfect, and certainly in the sports we have dealt with, nothing but careful practising of the rules and regulations laid down will give pleasing results.

OYSTERS GROWING ON TREES—A FINE SPECIMEN.

(*See page* 25.)

Sandow Presentation Sports Cups.

THE ROWING COMPETITION.

A LEA CLUB SUCCESSFUL.

BETTER conditions could not have prevailed than those of June 4 last, when, under the auspices of the National Amateur Rowing Association, the third annual races for the handsome bowl and medals, presented by Mr. Eugen Sandow, were competed for. The races were rowed earlier this year than heretofore, the competition previously taking place at the end of the month. This, however, did not detract from the interest in the event, and once more we have to record a most successful afternoon's sport. The towing path between Putney and Hammersmith was extensively patronised, and there were large parties on the balcony of the Putney R.C. headquarters, from whence the crews boated, and aboard the steam launch *Lottie*, which carried the officials. There was a falling off in the number of entries this year as compared with 1903, only six crews entering the lists. It was pleasing, however, to welcome back two clubs who, whilst taking part in 1902, did not offer themselves last year, viz., the Trent R.C., from Burton, and the Britannia R.C., from the River Lea, which district provided the winners in the Iris R.C. Last year the Iris, who entered then for the first time, made a bold bid for victory, and were only beaten in the final after a most exciting race. Indeed, they probably would have won but for some indifferent steering, which after nearly losing them their preliminary heat, caused them to take so much out of themselves in the deciding heat that they were rowed completely out before reaching the winning post, and the race went to the Cygnet R.C.

The holders met their match in the Putney R.C., who won their heat after a great struggle by a very narrow margin, and this no doubt told against the Thames club in the final, as, on the other hand, the Iris were able to get a longer rest, and, in addition, secured a comfortable win, which left them fresh for the deciding heat.

It should be mentioned that the conditions of the cup stipulate that the race shall be for four-oared crews in which there must be each year one junior, thereby encouraging the beginner and avoiding the probability of the same crew winning time after time. The arrangements, in the hands of Messrs. F. C. Soper, G. E. Heron, and G. J. Leates, were excellently carried out. The officials were: Umpires and starters, Messrs. Geo. J. Ayling, John H. Clasper, and Byron Levick; distance judges, Messrs. W. J. Hill, G. J. Leates, and W. Prouting.

Details:—

HEAT 1.

(Course, University Stone to Hammersmith Bridge.)

Centre Station—Iris: G. Roger (bow), J. Cunningham, B. Cunningham, E. Rogers (stroke), A. Angliss (cox) 1

Surrey Station—Britannia: N. Webb (bow), J. H. Fuller, W. Kennerley, G. W. Carter (stroke), F. Carter (cox) 2

Middlesex Station—Clapton Zephyr: C. Reynold (bow), G. Davis, S. Gliddon, H. Richards (stroke), A. Jaggard (cox)..... 3

The start was a good one, and for the first two or three hundred yards there was very little to choose between the crews. Then, however, the Iris in the centre began to draw away, and rowing well together quickly proved

themselves the smarter lot. Although never really extended, they continued to improve their position, and at Craven Steps there was daylight between them and the Britannia, who were having a hard race with the Zephyr. The race was now practically over, as Iris, content with a strong paddle, still further increased their lead, and eventually proved successful by five lengths. It was a good race between Britannia and Zephyr for second place, the former finishing a length to the good. Time, 8 mins. 58 secs.

HEAT II.

(Course, University Stone to Hammersmith Bridge.)

Surrey Station—Putney: A. Garney (bow), F. Baker, F. Walton, F. Pepper (stroke), D. Ross (cox)..... 1

Centre Station—Cygnet (holders): J. F. W. Harris (bow), H. Popple, J. E. Carter, E. Wilson (stroke), Leates (cox)..... 2

Middlesex Station—Trent: G. Capewell (bow), W. Clarke, W. C. Short, W. J. Mason (stroke), L. B. Whiles (cox) 3

This was the best race of the day. For some distance the crews were dead level, but the holders, rowing slightly the faster stroke, gradually forged ahead, and at Ashlone Road they were leading the Putney combination by about half a length. The latter, however, were not to be denied, and spurting in great style, Pepper's crew drew up again. They were level once more at the Crab Tree, and from here a desperate race ensued. Excitement ran high, as first one and then the other crew shot in front, but the Putney men gradually got the upper hand, and won after a fine struggle by rather more than half a length. Time, 9 minutes.

FINAL HEAT.

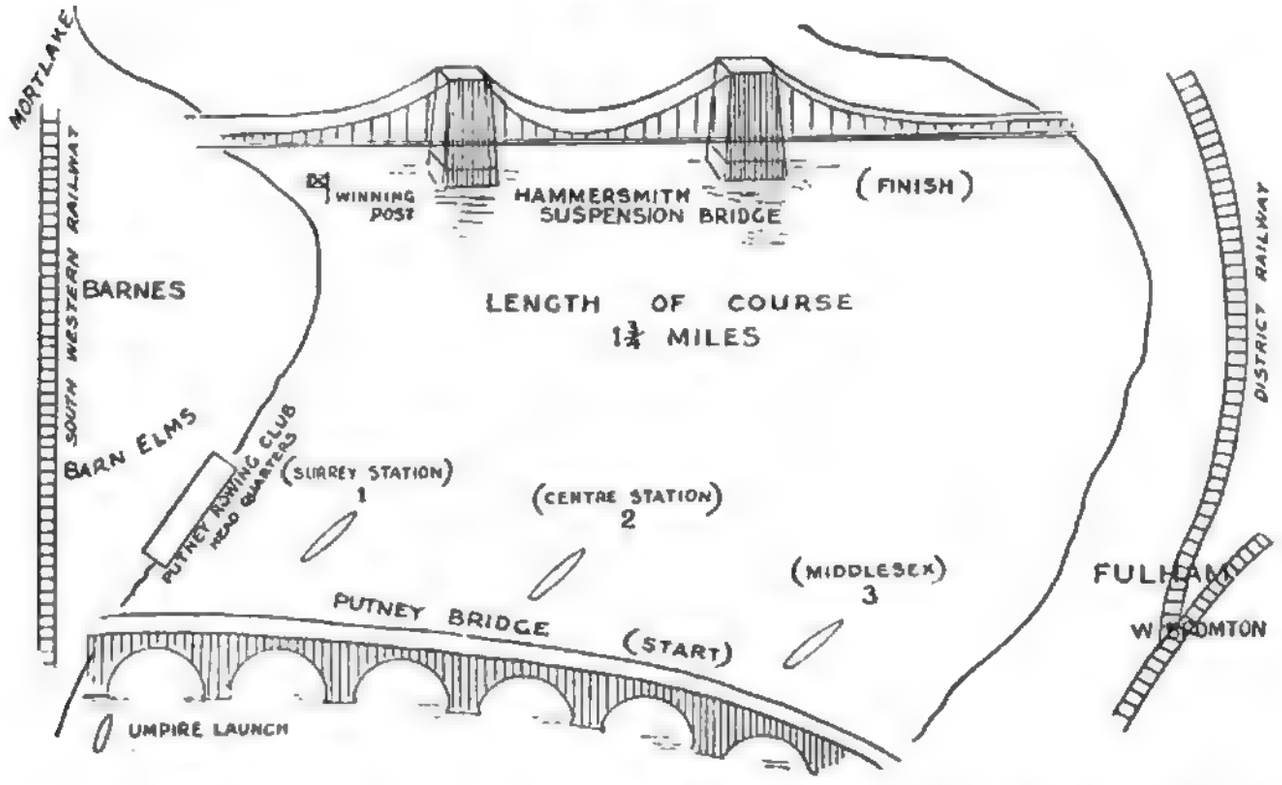
(Course, Hammersmith Bridge to Putney Bridge.)

Surrey Station—Iris R.C..... 1

Middlesex Station—Putney R.C..... 2

Their gruelling race had evidently taken a lot out of the Putney men, and although for the first quarter of a mile they held their opponents, after passing Harrod's Wharf the Lea representatives began to forge ahead. They continued to improve their position, and by the time the mile post was reached they had drawn clear. The destination of the cup was now placed beyond doubt, bar accidents, and the Iris, increasing their lead at almost every stroke, eventually won easily by over a hundred yards. The winners received a great ovation at the finish. Time, 8 mins. 52 secs.

THE COURSE.



Where Oysters Grow on Trees.

By H. L. FORBES.

"QUASHIE" has no poetical soul, and cannot appreciate the fact that Nature is more than a food supplier. This conclusion has been arrived at after a very pleasant holiday in Antigua. A Quashie (*i.e.*, a West Indian negro) is a curious animal, and as a psychological curio will well repay attention. His name—given him probably by some European settler—conveys nothing to the mind, and is itself an unexplainable word. Coal black, he goes about his work in a certain easy style that is a trifle irritating to watch. It is curious to note that a Quashie is highly insulted if you mention the fact that he is as black as coal, and among themselves such a simple thing as asserting the fact has led to fracas with knives—and the police court.

To the Quashie the police court has a certain charm, and when he is called upon to appear he seems rather proud of the disgraceful position he occupies.

One could write for days of the Quashie, but for a moment he must be left alone. The home of the Quashie is really most beautiful, and, although the swamps are very unhealthy, many Englishmen have gone up through the dense forest of foliage with the sole object of admiring Nature in her wildest ways.

The title of this article may have surprised some of the readers of this magazine, but it is certainly quite true that on the banks of the sea swamps oysters may be found growing on the roots of such plants as are partially under water. Some of the photographs given here show places where oysters can be found firmly fixed to the stems and roots of plants. To obtain the oysters the plants are generally pulled up from the water, or else the bivalves themselves are cut away from their resting place. In one photograph it will be seen that crosses have been marked to indicate the spot where oysters are plentiful. The figures of the two men are interesting, as they show the "national costume," or rather want of costume.

As has been stated, some of the sea swamps near Antigua are very unhealthy, and as a matter of fact many local men refuse to work near them. A camera had to be bought specially to take the photographs for this article, as the local photographer refused to risk his life in such a dangerous undertaking.

The real Quashie, however, has no fear, and he is willing to risk his life several times a day for the sake of a few pence. The Quashie does as little work as he possibly can and does that little, alas, too often very indifferently. He can live on so little that he

SAILING BOAT GOING OUT TO GET OYSTERS.

requires only to work a few days a week to obtain the wherewithal for his daily bread. He is paid as a rule by the day, sometimes

ALL THESE ROOTS HAVE OYSTERS ON.

by piecework; or sometimes even the native owns a mule or an oxen cart, and very soon the Quashie lets out his cart to a less fortunate brother, who has to bring him all the money he can earn.

A labourer, although only getting about 8*d.* or 1*s.* 3*d.* a day in this place, is quite as well off as the man who in England receives 5*s.* 0*d.* or 6*s.* 0*d.* a day for his services. The Quashie pays no rent, he has no firing to pay for, nothing in the way of clothes to buy—his one and only suit is generally made from a couple of stolen meal sacks. Surely, with so little to provide, the native has cause to think himself well off with his 1*s.* 0*d.* or so per day.

The Quashie is not as a rule a drunkard, for the simple reason that he cannot afford liquor. Now and again, after a hard spell of work, he will burst out, but such occasions are rare. Although not a drinking man, the Quashie is a most beautiful thief or "tief." Give a Quashie only "half a chance" and he will "tief" even a worthless article. He steals in little mean ways to begin with, and later on will commit some serious burglary, the result of which is generaliy the appearance at a police court.

Like most ignorant people, this West

GIRLS CARRYING A LOAD.

A BUNCH OF OYSTERS.

Indian native has a great "fear" of religious things, but, unlike many educated people, his religion is more than a church-going affair. In making up his mind for any certain course of action, he always says he will do so-and-so, "please God." Like unto the village blacksmith, the Quashie "goes on Sunday to the church," donning a suit of clothes simply wildly gorgeous. The Salvation Army people are his great delight, and their popular methods of presenting to humble minds the eternal verities appeal to him above all things.

Not much has been said—if anything at

all—of the female Quashie. This person is really most useful and is very often a much better worker than her husband or brother. A woman can earn 2*s.* 6*d.* a week in the quiet season, but in crop time her wages will rise to something like 8*s.* o*d.* or 9*s.* o*d.* per week. The women are of a saving nature and many of them have quite nice little sums standing to their credit.

A TYPICAL WEST INDIAN SEA SWAMP.

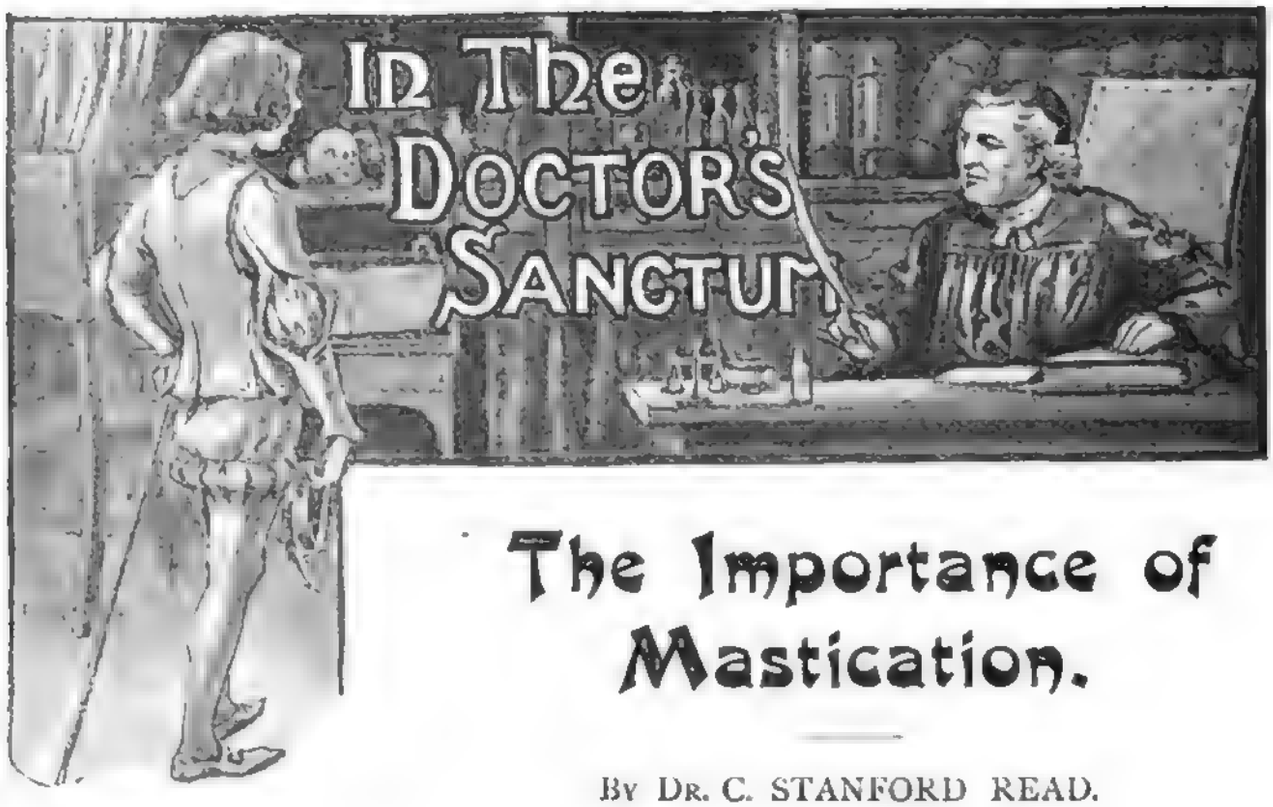
Reference has been made to "crop time." By crop is meant the sugar canes. Sometimes for miles and miles nothing else can be seen but dense growths of these canes, and at certain seasons in the year they have to be cut down. On some estates as many as 250 natives are employed, and a curious sight it is to see them working away with bent backs, never seeming to tire.

Many of these natives, in spite of their humble lot, are quite smart, and in conversation often come out with a really brilliant reply. The adaptation of European proverbs is very curious. "God tempers the wind to the shorn lamb" is rendered as "When cow no have tail God Almighty brush fly." Though many of the natives are clever of speech, their skill with the pen is of a very poor order. I give two heartrending letters from Quashies to the local clergyman. The first one reads as follows :—

"Dear Reverant,—I sit down with tears in my eyes to wrote you these few lines hope and trust that you may said something on my behalf to Mr. —— Sir —— Estate. Do for mercy sake speak up for me reverant. I had got into a troubled with to pan of sugar which is the fire boiler cause me to get in it because he called me to hand his pan and so I did and he got the sugger and he told me to hand mine. I wasen't going to do it because I was afraid he perswaid on me to get my pan. . . . Dear Reverant, Mr. —— said he going to complaint us to reverant I wrote you to beg Mr. —— to complemize the matter at home and I will what he charge am afraid I might comit to Prison. I would not like to disapoint of my marriage. Do for mercy sake beg for me reverant. Please if you could wrote him before he go to the office do Sir. H—— F——."

The other letter is evidently from a disappointed husband :—

"Revd. Sir,—I can not but apply to you for some comfort so that my mind may be comforted by hearing from you again. As you may rememberied. . . . you joined myself and Miss —— the daughter of —— together. We live together—for some time until April 19—at 9 p.m. in the evening when she left for ———. I myself afternoon leave after finish with the Goverments for the above name mentioned on the 22nd of May and as I know that you are a reasonable gentleman I have appeal to you." He then asks the reverend gentleman to see about some money that has travelled about a good deal. The concluding portion of the letter is almost eloquent :—"I have done my duty as a Husband to a wife and as I know that Job 19-25 shall always comforts me yea even if I shall obeay . . . . My wife letter is not my Father-in-Law. Neither my Father-in-Law. My Wife own. . . . . Your obedient servant T—— S——."



The Importance of Mastication.

By Dr. C. STANFORD READ.

THE immense importance of mastication can hardly be over-rated, and though it is constantly being insisted upon by the medical fraternity, I am afraid it is a function which is sadly neglected by the great majority of the population. If we were only instructed in this habit from our early youth onwards, and our food-stuffs so framed that mastication became an absolute necessity in order to be able to swallow them, we should save ourselves much functional derangement and actual disease in later life.

There is no doubt that we indulge far too much in sloppy dishes, which rob the teeth of their rightful exercise and tend to eliminate the greater part of the first process of digestion. The fact that the saliva plays some part in the digestive process is known to most, but the vast significance of its uses and the exact *rôle* it plays is not understood, or more attention would be paid to its practical application, especially among those who are striving to bring the metabolic processes of the body into a perfect condition by means of scientific physical culture. It is well-known that the saliva acts mechanically as a lubricant of the mouth and so renders speech easy, and that by intimate admixture with the triturated food, a soft bolus of food is produced which becomes easy to swallow. But what is not fully grasped is that the saliva contains an active ferment which has an action upon starchy material, converting it into grape-sugar. This means that nature did not intend that starchy substance should enter the stomach, the juices of which have no action on this constituent of food, so that inefficient mastication floods that organ with unconverted starch, leading in time to different forms of dyspepsia and other evils of a more remote nature. The continual rush and bustle of life make the bolting of meals an ever-increasing habit, the results of which are far-reaching. It is not worth while here to detail the various disturbances of health which are connected directly or indirectly with this widespread habit, but no less an authority than Sir Frederick Treves lately

pointed out in one of his lectures that this poor mastication of food was one of the factors tending to cause attacks of "appendicitis." Apart from actual disease, the want of mastication tends to over-eating, and this is partly due to the fact that the extra amount of energy and time involved in thorough mastication leads to eating less, and also to the fact that the more efficiently we chew our food, the more is that food converted into a condition which is far better digested and assimilated, and so the wants of the system are sooner gratified. There is little reason to doubt but that our ordinary physiological basis of dietary will have to be considerably amended in the future, for experimentation has certainly proved that with perfect mastication—that is by chewing all food until it is practically converted into a liquid before swallowing—man can live and work on half the amount of nourishment which he was previously supposed to require. This is a point of immense value, for if hitherto we have been in the habit of at least taking double the right amount of nourishment, it seems that either we have wasted much of this food by not digesting it, or that we have been loading our bodies with waste products which must necessarily have been acting deleteriously on us in some way or other. From a scientific standpoint this question is still somewhat *sub judice*, but that there is a large amount of truth in it I have little doubt.

Let me therefore, insist on the great significance of this thorough mastication. Everything should be ground by the teeth until nothing but an almost liquid mass results; anything which cannot be so converted should be rejected. Some go so far as to state that all fluids even (except water which has no taste) should be turned well round in the mouth before swallowing, in order that the saliva may have a chance of performing any chemical action that may be necessary before the fluid is passed on to the stomach. Such a habit as I am inculcating here, is, I know, a very trying one at first, but we are such creatures of habit, that after a time all irksomeness disappears, and the fine increased sense of *bien-être* experienced amply repays for the trouble expended. As my readers know, fatigue depends to a great extent on the gradual accumulation of waste products in the blood, and my experience is that under the *régime* of this extreme mastication, the waste products are reduced to a minimum, so that the sensation of fatigue becomes, to a great extent, a lost sensation.

The prevalent tooth-decay which seems to increase every generation must also be put down partly to the disuse of our teeth for masticating. From our earliest years we are so constantly fed on pappy foods, and the habit of chewing so little engendered in us, that it is little wonder that this part of our anatomy wanders from the path of health. In the anthropoid apes, and in man before he learnt to cook, tooth-decay was practically unknown, but like we note in many other regions of life, civilization has brought trouble in its train. I therefore recommend all those who wish for an ideal state of body to revert to some extent at any rate to the more natural food-stuffs which necessitate thorough mastication, and at every opportunity to develop this habit and instruct their offspring to a like end. Many of us, doubtless, are inclined to say that though they have for many years neglected the rules I have spoken of, they have in no way seemed to suffer from any ill-effects. This, of course, is a statement easy to make and difficult to disprove, yet the great probability is that the consequences of their flying in the face of nature have been so remote that the relationship of cause and effect has not been recognised. There is no such thing as medical absolution—and the breaking of any hygienic rule must, sometime or other, bring about its dire result, and I can assure readers that the non-recognition of the importance of mastication is a fruitful source of physical and mental suffering.

A Plea for the Open-air Treatment of Consumption.

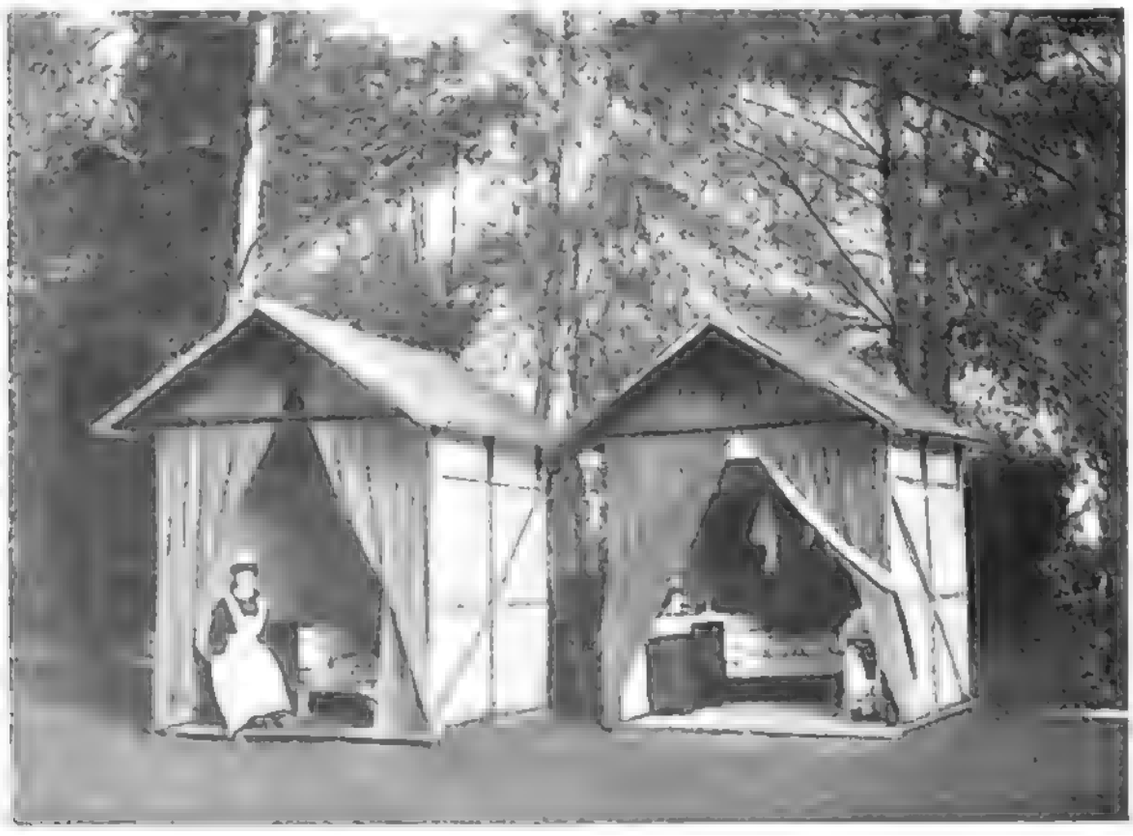
A VISIT TO THE AVON PINE SANATORIUM. (Situated in New Brighton Road, Christchurch, New Zealand.)

By F. A. HORNIBROOK, *Christchurch, New Zealand.*

A BRIGHT, breezy day and a clear autumn sky. Underfoot dry, sandy hillocks, coated inches deep with fragrant, springy pine needles, and all around an air at once invigorating and soothing, a sunshine warm and penetrating, but filtered through the dusky shadows of the sheltering pine woods. Such are the surroundings of the quaint and picturesque little houses of Dr. Greenwood's Hospital for the Open-Air Treatment of Consumption. Really, it seemed very delightful to have—well, no, I won't say, to have consumption—but very delightful to be recovering from it under these conditions.

"Yes," the doctor said, genially, "there's many a tired town mortal would give the world to be able to exchange places, even for a few days, with one of my patients. You see, down here there is an utter absence of worry, there is plenty of sunshine and fresh air, and nothing to do—but play."

But, seriously, the need for grappling with the increasing evil of consumption is growing



PATIENTS' TENTS.

more intense every day, for, at the present time, the blighting mildew of tubercle falls on nearly one-fourth of the human race. It is not much wonder then that Imperial Commissions are appointed to investigate the subject, and that it is perenially discussed at conferences of medical men.

"And what, in your opinion, is the cure, doctor?"

"Well, in the cure of consumption of the lungs there are two main objects to be borne in mind: (1) to increase the vitality of the patient, and (2) to kill the disease germs themselves. If we can attain the first object, Nature herself can be trusted to do most of the second. Briefly, a consumptive patient wants rest, fresh air, and abundance of nutritive food."

THE SANDOW ROOM.

In further conversation we learned that Dr. Greenwood was a firm believer in the milk diet, some of his patients taking nearly a gallon of milk a day in various forms—sterilised, peptonised, warmed, baked, etc.

Patients at first almost always object to the milk diet, but they become accustomed to it. Its effect is wonderfully sedative; a person living almost solely on milk loses all restlessness, and at certain stages of the disease it is most desirable that he should do so.

Of course, Nature's great sedative for the nerves—and most of the patients who go to the Avon Pine Sanatorium are afflicted with nerves—is abundance of fresh air. Sleeping in the open air not only heals the lacerated lungs, but acts as a direct sedative upon the whole nervous system. Hence, fresh air is an important factor in the cure of nerve diseases as well as lung diseases.

And I wish that every man and woman who sees this page realised that abundance of fresh air, night and day, is absolutely necessary for the healthy as well as for the diseased. For if in the case of the diseased fresh air is necessary as a curative, how much more necessary is it in the case of the healthy as a preventative of disease. Time after time, in physical culture books, I have seen the statement made by men who ought to know better: "Sleep with your window a few inches open at the top." A streak of fresh air a few inches wide coming into the room is of little use. What is wanted is that the whole room should be absolutely flooded with the freshest and purest air obtainable.

Michael Foster says in his "Textbook of Physiology":—

"Besides carbonic acid, expired air contains various impurities, many of an unknown

character. The organic substances shown to be present in expired air are the cause in part of the odour of the breath. Many of them are of a poisonous nature."

In an ordinary bedroom, everyone who sleeps with closed doors and windows, or has them open "a few inches," awakes in the morning drowsy and heavy. This is because he has been more or less poisoned by his own breath, or that of others as well, if he has not been the only occupant of the room. Sleeping in the open air, one is always conscious of a wonderfully refreshed feeling, owing simply to the absence of these poisonous impurities.

In Dr. Greenwood's Sanatorium each patient has a tent, or, rather, a house to himself. This house has a wooden floor a few inches from the ground, thoroughly well ventilated underneath, and the walls run up 8 feet, 18 inches from the top of the wall to the roof of the building being filled in with gauze instead of the carbo building paper of which the house itself is composed. The house is really an 8-foot cube, completely open to the air on the north side, so that the patient is in the open air the whole time, sleeping or waking. The roof is about 12 feet each way, these large gables and eaves keeping off even driving rain.

But to me one of the most interesting portions of the Hospital was the Sandow House. This is about 20 feet by 16 feet, and is fitted up with developers, dumb-bells, and other Sandow apparatus. Like the patients' houses, the Sandow House is built of carbo paper—that is to say, very stout brown paper which has been so treated with tar and sand, as to make an excellent substitute for wood; and these houses have a very important advantage over wooden structures, in that they are readily removable from one portion of the grounds to another.

A PLEASANT CORNER OF THE HOSPITAL.

All the patients exercise under the strict supervision of the doctor, and they seem to enjoy it very much.

"Yes," said the doctor, "I realise that the

greater the volume of fresh air a patient can get through his lungs the better, and, therefore, almost from the beginning he is instructed to fill his lungs as full as possible with fresh air; and directly the lungs are sufficiently healed to permit it, he is put through a regular course of breathing exercises, modelled upon those of the Sandow system. A patient's immunity from relapse, and his ultimate cure, depends to a very large extent upon the amount of chest expansion and lung capacity he has gained. With those who are sufficiently advanced we follow the Sandow system in its entirety, with excellent results."

As showing the effect of the doctor's methods, I will briefly refer to two cases. The first man had been living in a tent for twelve months previously, and carried out the prescribed rules with much care, without materially improving in health or gaining in weight. After eight weeks at the Sanatorium, cough and expectoration disappeared, he gained a stone in weight, increased 1½ inches in chest measurement, and got rid of the chronic dyspepsia which had troubled him for years. Before admission the second patient was told by two medical men that he had only three weeks to live unless his disease was checked. In ten weeks he had gained 17 lbs. in weight, cough and expectoration had almost ceased, and his chest expansion had increased by two inches.

Under these circumstances it is not much wonder that the whole atmosphere of the Avon Pine Sanatorium is redolent of progress and recovery, for "There is nothing succeeds so well as success."

A GENERAL VIEW.

Jewish Physical Training.

DR. J. SNOWMAN, lecturing before the B'nei Zion Association recently, chose as his subject "Physical Education amongst the Jews." The question has been frequently referred to in these pages, but much that is new and interesting was forthcoming, the chief points adduced by the lecturer being as follows :—

"We are all agreed that Jewish culture is a desideratum of prime importance in Jewish national life. But if we have advanced so far as to postulate a national life, we must take into consideration the physical aspects of this life. The education of a people cannot be limited to literature, science, and theology; the education of the body to the development of its best powers must go hand-in-hand with the training of the mind to its highest functions. This is a lesson which urgently requires bringing home to the Jewish people at the present juncture of its history. As the national consciousness is becoming realised, and deliberations for the future political condition of generations, still unborn, are entered upon with serious responsibility, questions regarding our physical state must obtrude themselves very prominently. No one will venture to deny that the tendency in the progress of Jewish history, for many centuries, has been to ignore the claims of physical development, and to exaggerate the demands of study and learning. This course has been forced upon the Jewish people by their social and political environment, and we may at once acknowledge that, so far, the results have not been conspicuously harmful, but there can be no question that the continued pursuit of the same policy is fraught with danger. The old saying about a healthy mind in a healthy body becomes the more true with the course of history. No nation is great that does not combine these two qualities, and the lack of either the one or the other indicates the beginning of decadence in a nation. A people seeking to renew its youth is imperatively called upon to devote its attention to both these constituents of national existence. From this point of view, it must be granted that the physical side of Jewish regeneration hardly assumes the proportions it might justly claim in our councils. It is evident enough that all plans elaborated for the future will fail, until our descendants are in possession of vigorous physique, good staying power, muscular strength, and full manly development. A race of heroes, or even pioneers, is not begotten of a parentage of frail and weak bodies, of mothers and fathers with stunted frames and bent figures; ancestors with pale, worn, and wan faces cannot look forward to a progeny of sturdy offspring. The circumstances which surround the bulk of the Jewish population of the world are bad enough, but even amid oppression they cannot always be denied fresh air and sunshine. The Ghetto and the Pale of Settlement do not shut out the physical advantages of out-door life, though they may rob it of its joys and pleasures. With all its drawbacks life in the Pale gives opportunities of physical exercise to the Russo-Polish Jew, which he does not find when he emigrates to London or New York and becomes a denizen of a self-imposed Ghetto. Russo-Polish Jewish life is largely village life, or, at any rate, was so until the present generation. The May Laws have, to a great extent, hindered the cultivation of village life among Jews by herding them into towns, many already overcrowded and nearly all frightfully defective from a sanitary standpoint. But, bad as the slums of Berditcheff and Lodz may be, they are much nearer pure air, green fields, and sunshine than the mean streets leading off Commercial Road. The forces which make for the physical degeneration of the Russo-

Jewish population may be beyond our control; but, if so, the demand to build up the physique of those who have escaped the Russian thraldom is all the more urgent. Remember that in Russia there is always the military system to which a large proportion of Jews are subject, and this necessarily secures some physical training for the Russian Jew, which remains in evidence in his muscles, his general bearing, and powers of endurance. There is nothing to replace these military exercises in the freedom of the countries to which the Jews emigrate. The military power is the standing witness of Russian authority, and, therefore, of Russian hardship. One can hardly marvel at the fact which naturally follows that the sympathies of the Russian Jew are antagonistic to militarism, and all that is associated with it. It must be admitted that such healthy and recreative pastimes as drilling, athletics, gymnastics, and sports of all kind are viewed with some amount of suspicion by the average Russo-Jewish Israelite who has not assimilated Western ideas. An institution like the Jewish Lads' Brigade, for instance, an organisation whose objects are to be commended, and whose results are to be applauded, savours so much of that martial system which the Russian Jew necessarily identifies with oppression and persecution, that there is little wonder that the Jewish parent often looks at it with some misgiving. This, of course, is a feeling which wears off after a time, particularly in regard to a movement like the Jewish Lads' Brigade, which is a powerful factor in improving the physique and the *morale* of many hundreds of Jewish lads in the East End. The fact, however, remains that the great majority of Jews require educating to the necessity of physical culture, and to recognise that the spiritual welfare of remote generations depends, in some measure, on the health and vigour of ourselves and our immediate descendants. We may appeal to Jewish history to ascertain what part the maintenance of bodily strength has played in the economy of Jewish life. We shall see that in every age due regard was paid to physical exercise in some fashion or other, to the training of muscular power, and to the encouragement of healthy development. It is as well to remind oneself here that physical education does not only mean the ability to lift heavy weights, to do high jumps, to be an effective wrestler, or a long-distance runner. It is not concerned with sports and athletics only; but it includes every relation of life which goes to make up a healthy existence. It embraces the sanitary aspects of the food we eat, the clothes we wear, the soil we live upon, and the surroundings of our homes, the quality and quantity of our work, and the conditions of our employment. It concerns itself with the prevention of disease, the care of children, and the regulation of study, and its graduation according to mental capacity. Nothing is foreign to physical education which will contribute to the production of a robust, well-formed man or woman, endowed with normal intelligence and the natural instincts of morality. It is easy enough to see how these manifold interests of physical education touch on many matters elaborated in the Bible, the Talmud, and latter Jewish writings. The sanctity of human life, its care and preservation, are lessons emphatically taught by the Bible. The multiplication of human life by the growth of large families is a blessing of the highest significance according to Jewish ideas. The increase of population, even as the sand of the sea, became the promised reward for the virtues of the ancestors of the Jewish race. One of the surest signs of physical degeneration of a people is heralded by a decrease in the birth-rate. Is not France, at the present day, bestowing serious thought on the drop in the birth-rate shown by the last decade of the last century? There is, indeed, strength in numbers, and a race like the Jewish, in its state of dispersion, can little afford the losses which persecutions have inflicted upon it, nor can it contemplate with equanimity the defections from it which prosperity or indifference bring about. Just in this very matter might physical and religious

claims well unite forces to stem the tide of desertion from Judaism, because both from the physical and religious aspect, this becomes a serious weakening of the Jewish position among the nations of the world. The birth-rate among Jews, as far as can be ascertained, keeps well up to the average, and the fruitfulness of individual marriages is probably a little in excess of the average. To apply the methods of physical education to marriage would, perhaps, be a trifle premature in the present state of public opinion, but its underlying principles certainly do approximate very closely to the Jewish ideals of marriage, prominent among which is the production of a healthy type of manhood and womanhood. Judaism has formed a true conception of perfection in physique, and it demanded that those who were to take part in the sacred functions of religious ceremony—the priests—should be men without physical blemish. The catalogue of deformities mentioned in the Pentateuch indicates that the acting priesthood was to be recruited only from well-developed specimens of priestly families. Indeed, some amount of athletic skill was necessary to be a successful priest, and get a fair share of the Temple service, because, it appears, the honour of clearing out the ashes of the altar fell to the priest who was first in the race up the ascent leading to the altar, and this daily race seems to have been productive of accidents similar to those in the scuffle of a modern football match. The priests were, in a considerable measure, entrusted with the sanitary administration of the people as testified by the position they occupied in the process of the notification and isolation of cases of leprosy. The contamination of the community by infection was guarded against by the methods detailed in the Bible, but even in the absence of disease some amount of attention seems to have been paid to the purity of the atmosphere in ordinary dwelling-rooms. Jahn states that the front of houses faced the north so as to secure the advantage of the breezes which blew from that quarter in the summer. As far as we can gather from the Bible, the physical condition of the Israelites was vigorous enough. During the time of the second Temple the whole mode of life changed among the Jews. The open-air pursuits of previous ages were followed less and less; commerce and indoor industries attracted the people in ever increasing quantities, and reliance came to be placed on gymnastics and athletics to cultivate physical strength. In this way the Greek games were introduced into Jewish life. This was the only branch of physical education which the Jews had to borrow from the Greeks; in the study of its other departments the Jewish rabbis were original thinkers. The rabbinical writings contain a whole system of physical education on the relation of food and drink to a healthy life. The interests of physical education occupied a fair share of attention in ancient Jewish life. When Jewish nationality was destroyed as a political force, the people may have been diplomatically unwise, and socially disaffected, but they were not physically degenerate or morally vicious. Through this circumstance they were probably enabled to resist the trials of the Middle Ages and successfully survive them all. There is no doubt that the physical effects of the Jewish ritual of health contributed towards this. But throughout the whole period of the Middle Ages little interest was displayed in measures for physical development. The conditions of life among Jews absolutely forbade indulgence in luxuries of this description. Military exercises were generally prohibited to them, but it appears they pursued the sport of hunting to a very limited extent in some countries, while in others such mild dissipations as ball-playing and duelling satisfied all gymnastic desires. In modern times, however, in Western Europe and America, Jews have thrown themselves with considerable zeal into all kinds of athletics. In England, in the eighteenth and nineteenth centuries, some of the most famous champions of the prize-ring have been Jews. The renown of "Dutch Sam" is still high in all pugilistic

circles. In more creditable fields of athletics the Jews have also won their spurs, notably in the running-jump and heavy weight-lifting. But they have shown aptitude and skill in every department of sport—in boating, cycling, tennis, cricket and football. One can hardly take up any Jewish newspaper without some evidence in its contents of the development of muscular Judaism, and in Berlin there is one journal entirely devoted to Jewish athletics. All this is, in the highest degree, satisfactory, and indicates that the modern Jew is fully capable of holding his own in the world, from the physical, as well as from the mental and the intellectual, standpoint. At the present juncture in Jewish affairs it is eminently desirable to foster this particular variety of talent, for the reasons already explained, although, as before stated, physical education is in no wise limited to sport. Sport, indeed, forms only one subject in a somewhat extensive curriculum, the whole of which is directed to the purposes of healthy living, good physique, and sanitary surroundings. It is, of course, difficult to say what the future will bring forth for the bulk of the Jewish race in Russia. As their social condition gets worse, their physical condition must degenerate; but one may presume that a part of the solution will be found in emigration to the West or to the East. This, as we know, is the actual process now in progress. As Jews increase in numbers in those countries where full liberty is accorded them, the opportunity must be seized of directing their development physically to the best advantage. It goes without saying that this is a work of rather stupendous dimensions, and is, indeed, the concern of the State or Government. But the duty of physical education falls upon Jews in a twofold capacity, both as citizens of the country to which they owe allegiance, and as members of the race into which they are born. It is impossible, in the course of a short paper, to describe any complete system of physical education; some brief references to a few details must suffice for the present. Overcrowding is regarded as one of the most fertile causes of degeneration. An average of more than two persons to a room constitutes unhealthy over-crowding. An ideally healthy city ought not to contain more than 25 persons to an acre. The district of Bethnal Green contains about 400 people to the acre (1891 census). The evil of over-crowding lies in the fact that the individuals who live in that state get less fresh air than is necessary to aërate their blood and maintain it at the level of health. This might be corrected by free ventilation, but experience shows that in the dirtiest and smallest dwellings the occasions on which windows are opened are very few and far between. Under these conditions the seeds of disease are sown in profusion and grow luxuriously, and contagious fevers spread with alarming rapidity. Children born in over-crowded districts come into the world handicapped by a heritage of debility, and their early years of existence are lived in such a way as to equip them but poorly for the battle of life. It is well known that no community lavishes such care on infant life as the Jewish, that the mothers of Israel are the most solicitous and self-sacrificing nurses whom the world knows. The children naturally reap the advantage. Unfortunately, through the stress of poverty, or the frequency of desertion, many Jewish mothers are obliged to go to work when their infants are but a very few weeks old. This generally means a neglectful and careless bringing up of children by hand and serious undermining of their future health. A large amount of infant life is being wasted owing to the dense ignorance which prevails among women as to the methods of rearing children when, through one cause or another, they have to be fed by hand. To correct this ignorance is one of the first lessons in physical education, which every community should teach. Another cause of physical degeneration which has special interest for the Jewish community is over-study among children. The complaint is not that too much is taught, or that the average scholarship of the Jewish youth is too high; the complaint refers to the conditions

of teaching and the want of proportion in the system employed. It has been said of old that Torah which is not combined with "Derech Eretz" will prove valueless. School-rooms require to be spacious and airy. In the absence of efficient ventilation the health of the children will suffer, the nourishment of their brain will be defective, and lessons will become a trial to their bodies as well as to their minds. The intellectual demands on a Jewish child are particularly important, because they include the study of Hebrew, in addition to the subjects of general education. Unless the study of Hebrew comes into the whole scheme of a child's training, and is definitely planned out in its proper proportion in the curriculum, one of two things will happen. Either the teaching will be irregular and inadequate, or the pupil will suffer physically under it. Hebrew must never be an "extra"; in a well-organised system of education there is no place for extras. Either a subject is essential for the cultivation of the mind or body, or it is superfluous, and if the latter it must be omitted. The place which is now usually assigned to Hebrew after a day's work in school is physically very bad. There is a rabbinical saying, "Take heed of the children of the poor, for from them will learning come forth." But there are grades of poverty; the poverty which goes with hunger is not calculated to develop good brain power. It is a vain and useless work to endeavour to give children food for their minds if their bodies are improperly nourished. Insufficient and improper food account for a good deal of physical unfitness among children, and one can hardly attempt to improve their physique without attending to the primary wants of the body. Of all the charitable claims which press upon a community like our own, not one compares in urgency with the demand to see that poor children who attend school should get sufficient to eat and to drink. As a matter of fact, all the problems of physical education centre themselves around the school, because the school affords the best opportunity of inculcating the lessons and teaching the practice of healthy living. Among Jews all children get some kind of education either in schools or Chedorim, or both, even in those countries where there is no compulsory education, so that every Jewish child comes under some tutorial influence which might reasonably be used for the emphasising of lessons of personal cleanliness, which is such an important part of physical education. There is in Jewish ceremony a vast amount of material, which, in this way, lends itself to point morals of physical education and healthy living. The Proverbs, in speaking of the Law, says "It shall be health to thy flesh and marrow to thy bones." Enough has now been said to show that in the Jewish conception of life from all its aspects, the subjects which come under the head of physical education find a prominent place. The aim of plrysical education is to make us like the animal which was fit for sacrifice, perfect, and without blemish; not, however, to be called upon to become victims for religious worship, but to live on in health and strength, and to transmit to our descendants healthy minds in healthy bodies, the better to fit them to carry out our mission among the races of the earth.

A Medical Review of the Sandow System of Curative Physical Culture.

By Dr. C. STANFORD READ.

In course of time the old must inevitably give way to the new, and it is none too soon for medicine to reconstruct many of its principles of practice and adopt a more reasonable basis of treatment for the alleviation and cure of many functional disorders. For some years now, I have both theoretically and practically devoted my attention to physical culture as a branch of therapeutics, and have watched the application of its principles as a curative agent with most satisfactory results. Very little physiological knowledge will show that these principles are founded on a rational foundation, and medical men are more and more beginning to realise that methods of treatment to be efficacious must as far as possible follow Nature's own methods, and that drug treatment in functional disorders will be a thing of the past. Speaking popularly, illness is due to some functional disarrangement arising from some cause or other. Each portion of the human system has definite work to perform, and the result of perversion or impairment of this work brings about disease. In a healthy body change is constantly and continually going on. These processes are incessant, and the least stoppage or deviation from the normal means trouble, often to the whole of the body. The human body has been often likened to a machine, and the analogy is a good one, for in a machine the faulty setting of a tiny screw or the non-harmonious action of small parts will throw the whole machine out of order. With the human machine it is exactly the same; the smallest digression from the normal processes of metabolism will inhibit, sooner or later, the body from perfectly performing the duties required of it. Thus, one is enabled to see how such functional disturbances as indigestion or constipation will tend to deleteriously affect the entire organism. To speak of the minute details of the many tissue changes that take place would involve the appropriation of too large a space, but the salient point that one should grasp is that the muscular system has an enormous effect on tissue change. By the contraction of a muscle the flow of blood in the veins is aided and waste products thereby helped in their elimination; arterial blood is increased in the part, bringing rise to augmented nutrition, and the flow of lymph assisted to its proper destination. When this is realised, the statement that there is hardly any single organ or tissue in the human body that cannot be strengthened and developed in some way by regular and systematic muscular exercise, can be more fully appreciated, always, of course, presuming that the common sense rules of dietary and hygiene are observed at the same time. Those who have dipped most cursorily into physiology will know that the arterial blood is the carrier of the digested food products, and it therefore follows that a brisker blood circulation must recruit the tissues generally, provided that the effete matter has been removed, which circumstance, we have already noted, takes place. We must then come necessarily to the inevitable conclusion that physical culture offers a good field for the cure and amelioration of many, if not most, functional disorders. I have for some time past studied many different systems of

physical culture, and especially have I turned my attention to the system promulgated by Mr. Eugen Sandow, whose principles I am intimately acquainted with.

Mr. Sandow states that by the employment of his system such troubles as indigestion, constipation, insomnia, obesity, and general nervous disorders can readily be ameliorated, and in time, cured. (In these days of rash assertions and fraudulent statements, many may be inclined to take such an announcement with a large grain of salt, but after minute and careful investigation, I cannot help but confirm it, and regard the benefits likely to accrue from the judicious use of his system as in no way overrated.) My opinion is based upon personal acquaintance with the method employed, and having scrutinised a variety of cases treated in this way from beginning to end, and having wide experience of these matters, my claim to speak should be assured. One most commendatory point is that Mr. Sandow works hand in hand with the medical profession. Any doubtful case is at once referred to the patient's own medical adviser or to some qualified practitioner. This combination of special experience is certainly ideal and gives to the patient a maximum sense of security. I have in my investigations particularly studied those cases that came direct to Mr. Sandow for treatment, and were dealt with by correspondence. The would-be patient's letter having arrived, the case as stated is carefully considered on its individual merits, a point of vast importance and absolutely necessary, for if the system succumbed to treating each disease or defect in a routine fashion without taking duly into account the personal factor and the special details which must, of course, vary in all applicants, its field of usefulness would be enormously curtailed. When any particular case is considered, if deemed suitable for treatment by judiciously regulated physical exercises, the patient receives his first series of advice, and I could not help being particularly struck with the excellent methods adopted. The exercises set are well selected and appear to be in no way heavy or likely to overtax the strength of the individual concerned, while they are so well described and illustrated that no doubt can exist as to the exact way in which they should be carried out. The method of Mr. Sandow is much enhanced by the inclusion of suggestive rules of hygiene, comprising the importance of deep and correct breathing, the necessity for efficient ventilation, and useful hints on bathing, sleep, and rest.

Those of my readers who have ever walked through a hospital ward will perhaps have noticed that above the bed of each patient is a square card on which various remarks have been made and certain figures have been recorded. These remarks and figures represent a record of the patient's progress, and are absolutely necessary for the guidance of the medical man attending the case. Under the Sandow system a similar, but far more complete, method of daily recording the progress made is adopted. With this record, a statement of the patient's measurements and his own remarks to the office at Basing House, Basinghall Street, is kept, where the matter is promptly dealt with. From the records of cases I investigated at Sandow's office, I noted a large number of cases of chronic digestive troubles and liver disorders that had been successfully treated. For a long time I have been assured that physical culture was by far the most rational way of managing such conditions. Increased tone given to the abdominal muscles provides better support to the internal viscera, while the special movements set produce a healthy circulatory stimulus, and by this means promote secretory activity, the lack of which factors largely determine the onset and continuance of such functional disturbances. In weak chests, with all attendant evils, such a curative system as I am speaking of, can hardly be estimated too highly. When we recognise the fact that a weak chest, with diminished lung power, is usually the great predisposing cause of bronchial and pulmonary disease, that by adding to the

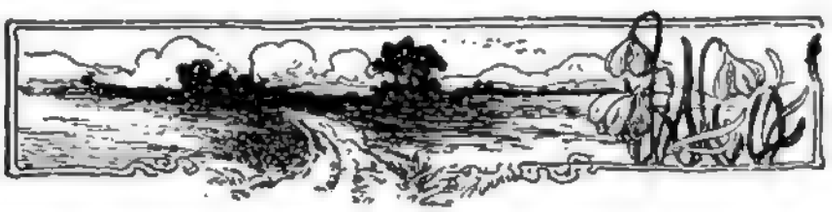
girth of the bony chest one develops lung power, and tends thereby to give resisting force to microbic invasion, and also by increased æration of the blood adds to the vitality of the whole body, we can well appreciate the vast field for good that lies before Mr. Sandow in this region of his system.

Constipation is another disorder which I have noticed disappears wonderfully under the physical exercises, and when it is realised how prevalent this complaint is, how it tends to affect the whole organism, and how difficult it is to be treated by ordinary medicinal methods, the fact that Mr. Sandow can soon relieve the sufferer can hardly be too widely known. Again, many deformities depending on the weakness of certain muscles or groups of muscles, obviously lend themselves specially to this method of treatment. It is not necessary to go into detail concerning the various ailments and defects that may be alleviated by curative physical culture system, for I have in other articles in this magazine shown how exercises are so essentially useful in obesity, insomnia, and many functional nervous disorders.

In spite of the great amount of good the Sandow system has done, it is not pretended, after the manner of modern quacks, that the system is a panacea for all ills of the flesh. As stated, Mr. Sandow is careful not to undertake the treatment of such cases as should clearly be given into the hands of a medical man. In these days of chicanery and charlatanism, it is so common to find some particular *régime* advertised boldly as the only certain remedial course for every ailment of the body and mind. To the minds of men who have spent their lives in studying man and his various disorders, this sort of thing is absurd, and it is satisfactory to find that Sandow's system claims nothing which it is not able to perform. There is no reason whatever why the most delicate constitution should not benefit by physical exercise if systematised as Mr. Sandow suggests. He, in his exercises, only uses the lightest weights, thus avoiding undue strain upon any particular part.

There is no reason why women and children should not avail themselves of such a system. The former would then be in a far better position to become healthy mothers and to undertake the grave responsibility of child-rearing, while in the case of children, if Mr. Sandow's exercises were only carried out from an early period of life, we should be hearing little of the decay of our national physique.

Mens sana in corpore sano is the motto that we should all have in our minds, and without a proper development of our body, it is impossible to reach that ideal condition of mind to which we should all aspire. It would be fulsome to say more in commendation of Mr. Sandow's curative system by correspondence. Investigated from all points of view, it proves its claims to popularity, and even to that mind which is so hard to please—the medical mind—it appeals most forcibly, for it is based upon sound physiological principles.

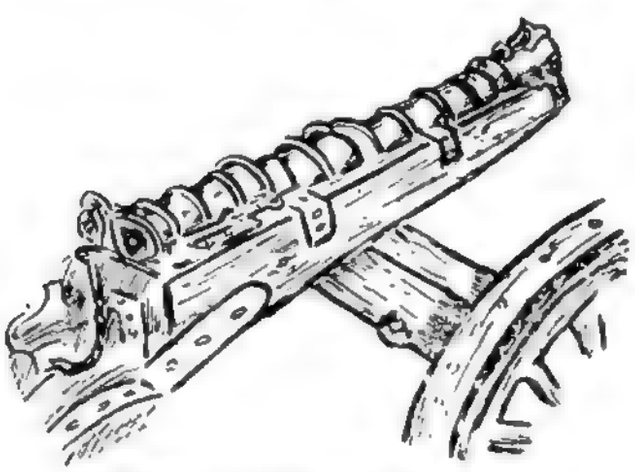


The Royal Military Tournament.

By F. NEVILLE PIGGOTT.

"TO encourage and develop skill at arms in all ranks of His Majesty's Regular and Auxiliary Forces, and to benefit various Military Charities." These are the objects, as set forth, of the Royal Military Tournament, and it will be admitted on all hands that no two finer objects could be aimed at. First, it assists largely in maintaining the high prestige of British arms; and secondly, it comes to the relief of those dependent upon the men who have laid down their lives in the maintenance of that prestige. For a quarter of a century has this good work been going on, and with what great results it need only be mentioned that during the past eight years the amount paid to charities reaches the enormous sum of over £50,000.

Of course, to the military and sports-loving man, the numerous competitions which are decided in connection with the Tournament



CANNON—ELIZABETHAN PERIOD.

form the chief item, but to the ordinary spectator no doubt the "show" portion of the entertainment appeals more largely, and so much has this latter grown during the last few years that the majority of the bouts are now decided *in camera*, so to speak, only a few, including the finals, being contested during the actual entertainment. It will readily be seen how necessary this is when it is mentioned that some fifty competitions are scheduled, and that entries are received from all branches of His Majesty's service, the competitors in many instances having been selected by preliminary competitions in their various districts.

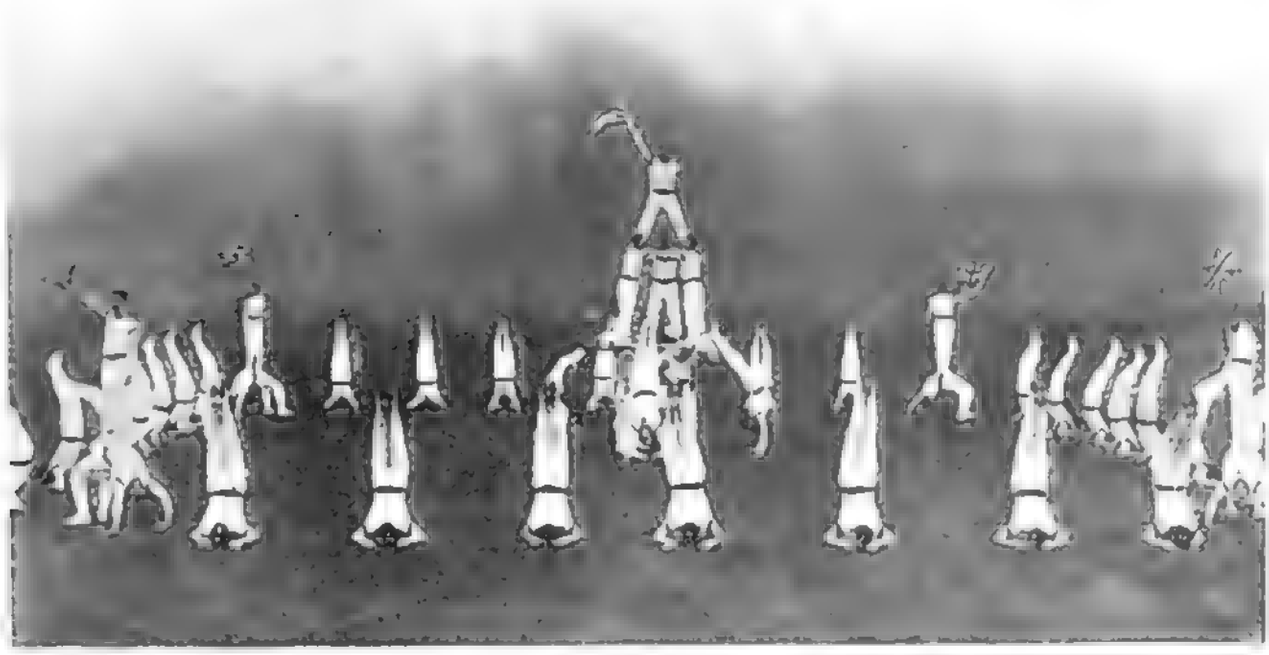
Probably at no time of the year does the neighbourhood of the famous "Angel" at Islington, the one time fashionable resort, bustle with Royalty and fashion as during the fortnight over which the Tournament extends, and the sight around the arena at the Agricultural Hall is one which once seen is never likely to be forgotten, especially if it should be the "King's Day."

Whilst instituted for the benefit of the various military charities, the senior and sister service has always figured largely in the success of the various Tournaments, until now Jack is looked upon as a regular adjunct, and this year this most popular branch of the service figured larger than ever. The men of H.M.S. "Excellent" were fully dealt with in last month's issue of the Magazine, so that there is not need of further mention of them other than to say that, as usual, one of the most popular items was their wonderfully smart display with a 12-pounder quick-firing field gun; the ease with which they transferred gun and carriage, weighing nearly a ton and a half, over a fence such as might be encountered in any operations in which they were assisting on land, being marvellous.

Another branch of the Naval service, the Royal Marine Artillery, showed their smartness in handling a 5-inch breech-loading gun, mounting and stores, rigging up an extempore triangle "gyn" in a trice, placing the gun in the trunnion holes, and firing, and then as rapidly replacing gun, &c., on to the wagon and retiring, taking with them something over six tons of dead weight.

But the display which appeals more than any other to lovers of physical culture is that of the squad of the Army Gymnastic Staff, from the Headquarters Gymnasium at Aldershot. Here we have a set of men whose fine physique should fire everyone with the ambition to bring their own bodies to the same high pitch of physical perfection. Of course, on an occasion such as this, the routine or systematic work of training gives way to "show" numbers, but one sees enough to be able to realise how carefully these men, who are to go out as examples to the rest of the Army and, indeed, the whole of the British-speaking race, are trained. Through the courtesy of Messrs. Gale & Polden, of Aldershot and Amen Corner, E.C., we are able to reproduce excellent photos of the Corps in a couple of their excellent "set" pieces. That in which, all in a moment, the men from apparently nonchalant positions evolve the initials E.R.I., is always sure to bring down the house.

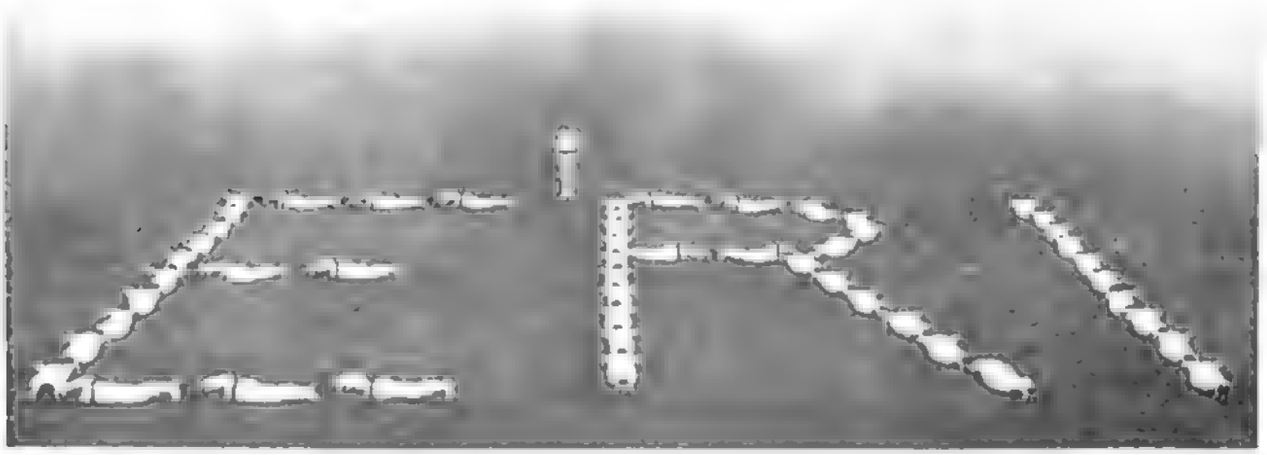
Another branch of the service which devotes its attention especially to the physical training of the men is the Cavalry Depôt, Canterbury, whither non-commissioned officers and men are sent annually from the various cavalry regiments to undergo a course of training. And here again a high pitch of perfection is reached, the men in their exhibition of vaulting and bare backed riding giving a display which would do credit to one who had been brought up as a professional in the arena. Amongst the other mounted "turns" plenty of fun was to be obtained from the encounter between three live men and three dummies, the latter depending on the sagacity of their horses for the safety of their rosettes in the meleé. Really, a riderless charger seems better able to look after its laurels than one that answers to the foot or rein. A new and novel feature



ARMY GYMNASTIC STAFF.

was introduced this year in the shape of a game at "push-ball," which was played by teams of the Royal Horse Guards, and proved one of the most popular items. Men, horses, and spectators alike all seemed to enjoy the fun, which ran fast and furious so long as the game was in progress. To see the big black chargers of the Blues punting the ball along as if they were so many "Maltese cats" was a revelation. The ball was of leather, and about five feet in diameter, and the game is played with three men aside—one acting as goalkeeper and the others as forwards. Once either set of forwards got into their stride there was no stopping them, for they carried the ball along at a terrific gallop, the spirit and intelligence which the horses showed being remarkable. Polo is not in it with push-ball on horseback.

Each year some historic pageant is included in the programme descriptive of the prowess of British arms, and this season's item displayed the evolution of the Royal Artillery from the earliest times up to the present day in most realistic fashion. The conception and execution of this great pageant was due to the efforts of Major E. A. P. Hobday, of the Field Artillery, and probably nothing finer than "The Rise of the Royal Artillery" has been seen at Islington. Between four and five hundred men, mounted and on foot, with real guns, elephants, camels, and mules filled the arena in a wonderfully vivid representation. The history of the force was traced by the picturesque uniforms of the various periods—Tudor, Elizabethan, Georgian, early and mid-Victorian, and the serviceable khaki of the present day and the development in the armaments with which this force has been equipped. The earliest gun used in warfare—the bombard—was represented by a time-worn, rust-eaten specimen of venerable antiquity. It was possibly used at Crecy and was brought to the Woolwich Rotunda from Bodiam Castle, Kent. The missile fired from the bombard was a stone ball. Then we come to the first breech-loader, dated 1495, of the Tudor period, of which the breech lifts out. This gun admirably illustrates the old adage that "there is nothing new under the sun," for the famous Armstrong gun is modelled upon almost exactly the same lines, so far as the movable breech is concerned. Then came the falconet, used in the Civil War, the first howitzer—in action at the Battle of Minden—and a Queen Anne gun, stamped with the Royal crest, used in the Duke of Marlborough's campaign. The armaments used in the great siege of Gibraltar



ARMY GYMNASTIC STAFF.

MUSICAL RIDE (1ST LIFE GUARDS).

were illustrated by an interesting wooden model. It was unique in its way because it bears a striking tribute to the ingenuity of the defenders of Gibraltar in adapting themselves to circumstances. This gun was specially designed for mounting on rocks and firing red-hot shot down among the Spanish floating batteries. By means of an arc the breech of the gun could be raised to almost any elevation. The first gun used in action with cavalry was in 1790. It was carried on a handy carriage, of which, when unhorsed, the shafts formed the limber. Three years later the first battery of Field Artillery came into existence. Other field pieces in the display were a six-pounder used in the Peninsula and at Waterloo, a beautifully-chased gun formerly the property of the East India Company and used in the Mutiny; a 13-pound muzzle-loader, a relic of Tel El Kebir; a mountain screw gun, carried on the backs of mules in the Indian frontier campaigns; an Armstrong 220-pounder, drawn by elephants, which did good service in the Afghan War; and lastly, a khaki-painted pom-pom and Horse Artillery 12-pounder, used against the Boers in the recent campaign. The gun-carriages in use up to the Queen Anne period were copied from sketches of old pictures; those dating from that period were the genuine thing.

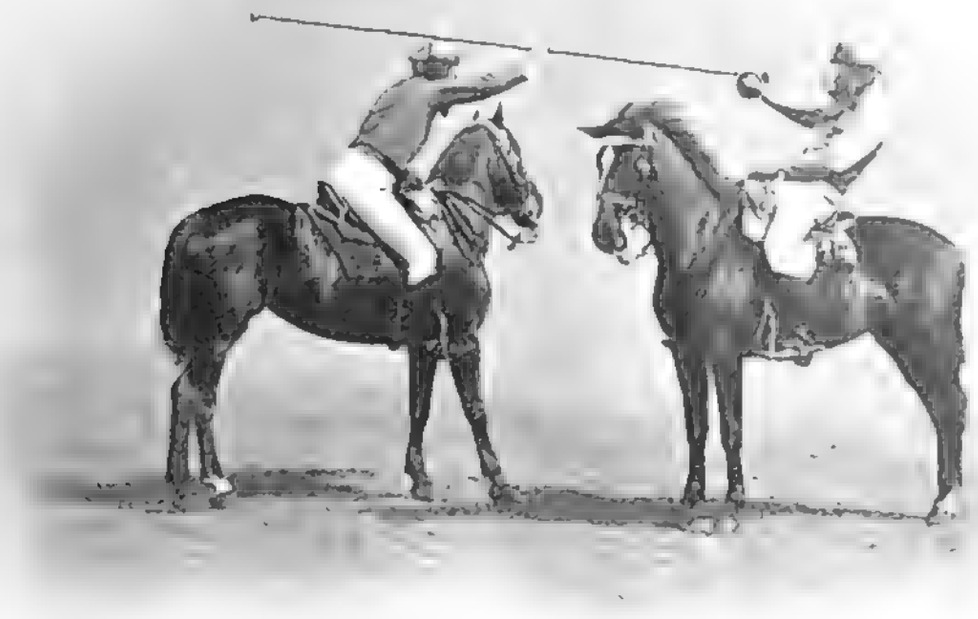
There were many other items, all of which are worth more than passing mention, notably the musical rides, which this year were carried out by the 1st Life Guards, of whom, thanks to Messrs. Gale & Polden, we are able to present a realistic photograph actually taken during the performance, and the 21st (Empress of India's) Lancers. Also the musical drive of "X" Battery, Royal Horse Artillery, which never fails to excite both wonder and admiration, as does the galloping and trotting of the batteries from the Royal Horse and Royal Field Artillery. Nor must we forget to mention the smart evolutions executed by the Army Service Corps and those budding soldiers and fine examples of physical training in the young, the boys from the Duke of York's Military School, whose exhibition of free gymnastic is alike instructive and entertaining, the boys from the Royal Hospital, Greenwich, and the Gordon Boys' Home, Woking.

BAYONET COMPETITION.

We have already exceeded our allotted space, so that mention of the various competitions must be of the briefest. Some excellent modifications were made in the fencing competitions, including the introduction of the pool system, and the addition of a number of the best known fencing experts as judges—all tending to the improvement of the training in the use of the white arm in the British service.

The following were the winners of championship gold medals and 15 gs. (15-guinea cup in the case of officers):—Foil *v.* foil, Sergeant-major Betts, Army Gymnastic Staff; sabre *v.* sabre, Sergeant-major Betts; bayonet *v.* bayonet, Fencing-instructor Elliott, 2nd Life Guards; sword *v.* sword (mounted), Major and Riding-master King, Royal Horse Guards; sword *v.* lance, Major Bell-Smyth, 1st (King's) Dragoon Guards; heads and posts, Sergeant Wade, 1st Dragoon Guards. In tent-pegging the award of the championship gold medal and 15-guinea cup as first prize was secured by Major and Riding-master Waite, of the Royal Military College.

In the competitions for officers and gentlemen cadets the first prize in the foil combats was carried off by Sub-lieutenant F. E. B. Fielmann, R.N. Brigadier-general Henneker competed successfully in several bouts, in one of which he defeated the first prize winner, but had to scratch in order to attend His Majesty's levée. In the officers' epée, or duelling sword, combats, Major W. H. Grenfell, M.P., was first.



SWORD *v.* LANCE.

The challenge cup and first prize for lemon cutting went to Captain and Riding-master Brogan, A Depôt, Royal Horse Artillery. Heads and posts: challenge cup and first prize, Captain Brogan.

In sword *v.* sword (mounted) the challenge cup and first prize cup was won by Lieutenant

H. Boyd-Rochfort, 21st Lancers, who by this victory became "Best Man at Arms," and won the challenge shield of the year. The winner in sword *v.* lance (mounted) was Lieutenant-colonel Baillie, Westminster Dragoons; Lieutenant Boyd-Rochfort being a good second. In the Royal Artillery trotting competition the first prize was won by the 101st Battery. There was a remarkable scene of enthusiasm when Lieutenant Boyd-Rochfort (21st Lancers) was called upon to receive the shield for the championship at arms. The young soldier, who is in his twenty-third year, was carried shoulder high by his comrades.

Amongst the regulars the chief prize winners were :—

Lemon cutting :—Corporal of Horse Braund, Royal Horse Guards, first; Sergeant Veysey, 18th Hussars, second.

Heads and posts :—Final : S.S.-M. (R.R.) C. Carnegie, 14th Hussars, first; Sergeant E. D. Taylor, Riding Establishment R.A., second.

Tent pegging :—Final : S.S.-M. C. Carnegie, 14th Hussars, first; Sergeant Veysey, 18th Hussars, second.

Sword *v.* lance :—Serjeant J. R. Walker, "C" Battery, R.H.A., first; Sergeant C. Wheeler, 8th Hussars, second.

LANCE *v.* BAYONET.

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SPORTING PATENTS.

In response to many requests, we have pleasure in announcing that we have made arrangements whereby each month we shall be able to place before our readers a Complete List of Patents relating to all Sporting Appliances.

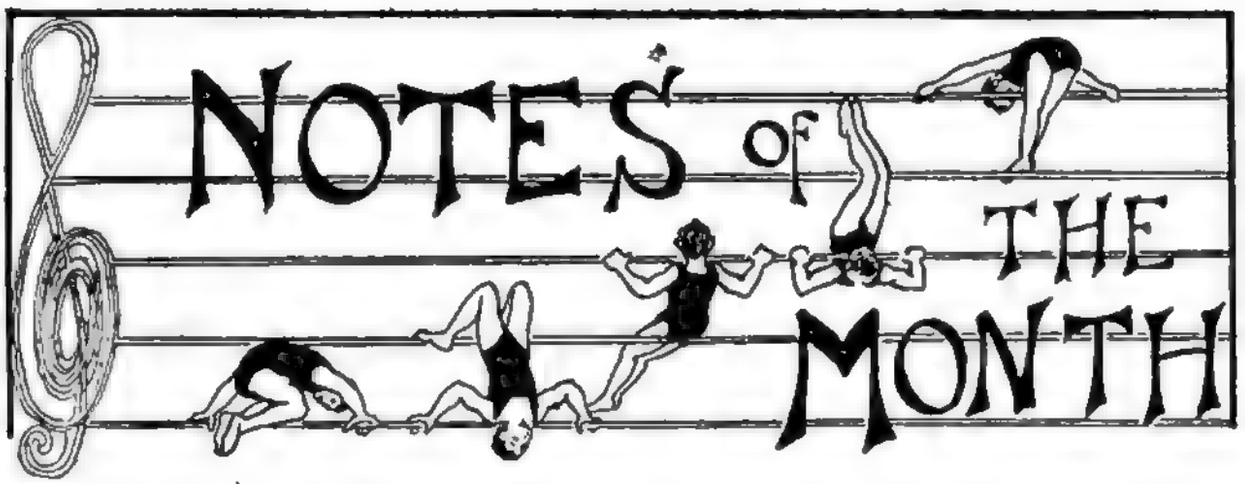
This List of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88, Chancery Lane, London, W.C., from whom all further information relating to patents may be had on application.

List of Applications for Patents during May, 1904:—

10,056. J. E. H. Hyde, London. Fishing hooks.
10,102. W. Currie, London. Footballs.
10,523. H. S. Woodyer, Manchester. Foot-mat for use when playing bowls.
10,699. R. Lucas, Blackheath. Silencer for guns.
10,702. H. J. Bubb, Glasgow. Golf clubs.
10,720. W. W. C. Verner, London. Croquet measurer.
10,736. J. H. Roger, Glasgow. Golf clubs.
10,743. J. Gibb, Edinburgh. Billiard rests.
10,769. G. Spencer, G. Heath, and C. G. Spencer. Horizontal bars for gymnastic purposes.
10,979. R. W. Davies, London. Appliances for assisting swimmers.
11,013. H. Mead, London. Spring hand-grip for muscular development.
11,029. I. Frankenburg & Sons, Limited, R. S. Frankenburg, and F. J. Betteridge, Manchester. Golf balls.
11,200. G. Galbraith and W. Jones, Redditch. Fishing rods.
11,211. J. Haywood, Gloucester. Mono motor shoot railway with motor car and cycle track combined.
11,240. G. W. T. Leeson and W. Hill, Birmingham. Manufacture of footballs, cricket, and other balls.
11,244. C. De Büren, London. Golf balls.
11,247. G. S. Wright and E. W. W. Wright, Hockley. Bow and arrow.
11,325. G. Gaggine, London. Billiard cue guider.
11,360. A. Lindsay, Liverpool. Striking bags and other fuel receptacles (complete specification).
11,422. W. Sutton, S. Lord, and W. S. Kerr, Liverpool. Exercising appliances.
11,538. E. E. E. Bailey, London. Golf balls.
11,543. W. W. Privett, London. Lawn tennis racquets.
11,566. J. Savele and E. E. Glines. Tennis racquets (complete specification).
11,941. G. M. Key, London. Ships and boats.
12,302. N. B. Lawson, Glasgow. Swimming attachments (complete specification).

Complete Specifications published during May, 1904:—

8,937 of 1903. P. R. J. Willis, Kingston-on-Thames. (A. Kennedy, Canada.) Range-finders for rifles, &c.
11,889 of 1903. T. B. Kinder, Leamington. Safety device for sporting guns.
12,456 of 1903. G. Hoffman, Berlin. Targets and practice ranges.
12,978 of 1903. J. A. Dickie, Leith. Sectional targets.
13,347 of 1903. T. Evans, Morriston. Fishing hook.
13,659 of 1903. E. Jones, Birmingham. Cartridges.
13,660 of 1903. E. Jones, Birmingham. Cartridges.
14,368 of 1903. E. J. H. Long, Lewes. Portable apparatus for timing the speeds of vehicles over measured distances.
14,489 of 1903. C. & O. Wyers, of Paris. Fishing reels.
14,567 of 1903. R. Kemmer, Austria. Shooting or military gloves.
20,343 of 1903. J. R. Brown, Montrose. Golfing clubs.
28,717 of 1903. T. H. B. Black, Edinburgh. Tool for facing golf clubs.
6,561 of 1904. R. M. V. Bremer, Schaerbeeck-Bruxelles. Indicating targets.
6,880 of 1904. W. Simmons, Dawley. Footballs.
7,401 of 1904. J. S. Burroughes, London. Billiard and like tables.
7,874 of 1904. A. Griffith, New South Wales. Croquet balls.



Praise for the Sandow System.

Mr. Lockhart W. E. Stephens, M.R.C.S., the Medical Officer of Health for the Warblington Urban District, in a lecture before the Society of Medical Officers of Health, spoke on Physical Culture in Elementary Schools. He condemned the drill-sergeant, whose exercises, he said, were primarily intended for the grown-up man and not for tender children, but was loud in praise of the Sandow system, which, he said, left little to be desired. The exercises were gradual, easy, and capable of being carried out by both sexes. Elaborate or expensive apparatus was quite unnecessary, the object aimed at being to concentrate the will upon the work to be done. Dr. Stephens' remarks were endorsed by Dr. Kerr, Medical Officer of the London School Board.

* * *

Physical Deterioration.

There can be no doubt of the importance of this subject, which has attracted legitimate attention in many quarters of late. But it is not one to be handled lightly, or to be disposed of off-hand by hasty generalisations. What is wanted, in the first instance, is accurate knowledge of the facts. We shall be better enabled to form an opinion when the official investigation of the available data has been concluded. If we limit our inquiries to what are called the upper classes and the middle classes, we may be inclined to believe that the standard is rising rather than falling. The young people of the present day have some justification for boasting, like the Greeks in Homer, that they are better men than their fathers before them. The average of height and weight among Public School boys is above what it was thirty years ago; undergraduates are bigger and stronger and more athletic; a college crew nowadays scales several pounds for every oar more than it did in the days of Darbyshire and Goldie. Nor is the improvement confined to one sex. It is common knowledge that the girls of this age can look down, at least from the physical standpoint, on their mothers and grandmothers. Never were there so many tall women to be seen; and the comparison between the hockey-playing, open-air maidens of the twentieth century, and the damsels of the early Victorian era, is entirely in favour of the later generation. But there are other and, perhaps, more trustworthy indications of physical well-being. First of all we have the irrefragable testimony of the death-rate. The percentage has steadily declined, so that it is now pretty nearly the lowest in any civilised country, and certainly lower than at any previous period of our history. The span of human existence seems gradually lengthening. The years of a man's life are no longer limited to three score and ten; and most of us can point to persons of their acquaintance who are not only alive, but vigorous and active at

an age which would once have been accounted patriarchal. Sanitation and medical science have rooted out, or mitigated, some of the worst of those maladies which too often left our ancestors enfeebled wrecks when little past what would now be deemed their prime. On the other hand, the picture has its undoubted darker shades. The pessimists have something to go upon. If the death-rate has fallen, so has the birth-rate. There is a perceptible slackening of the pace at which the population is increasing, and in some districts the new births scarcely do more than counterbalance the wastage of death. It is true that the same tendency is visible elsewhere. It has long been marked in France, and it is noticeable in British Colonies and in the United States. But this does not make the symptom any the less deserving of study, if it leads to the inference that the races in the van of civilisation are not holding their own with their rougher neighbours. Must we conclude that there is some general cause—physiological or social—which dooms the Anglo-Saxon nations to be outnumbered by more prolific stocks? Again, it seems to be established that, against the substantial improvement in the public health which has been noted, there are signs of retrogression. If we have less typhoid and scarlet fever there is a painful increase of cancer, insanity, and nervous disorders of all kinds. The comfortable classes live more wholesome lives; but alcoholism continues to work terrible havoc among great masses of the population. The statistics of recruiting tell a tale which cannot be ignored. Low as is the standard now required for admission to the battalions of the line, it is, in a large proportion of cases, not reached by the candidates who present themselves in the great centres of population. We are forced to believe that there are many thousands of young men, belonging to the labouring classes of our cities, who are so stunted, feeble, and otherwise physically defective that they cannot even pass the indulgent tests of the recruiting officers. Nor, further, can it be denied that a considerable number of the children in our public Elementary schools are ill-grown, ill-nourished, and suffering from congenital debility. The truth may be that while the condition of the population as a whole has improved, that of the lowest stratum has deteriorated. The causes are many and not easy to isolate. We may agree that the depletion of the rural districts, by promoting the congestion of the slum quarters in the towns, has much to answer for. The defective nutrition of young children may account for even more of our "degenerates." The evil is too complex to be remedied by any single panacea. We may have more hope of grappling with it when its real extent has been ascertained.—*Standard.*

* * *

A very instructive and entertaining little booklet is the treatise on "Fruits, Nuts and Vegetables: their uses as Food and Medicine," by Albert Broadbent, F.S.S., F.R.H.S., published at threepence by the author, at Manchester. Whilst we do not advocate strict vegetarianism, still as a staple item of diet the value of fruits, nuts and vegetables is indisputable, and the information collected by the author should make the book very useful for reference.

* * *

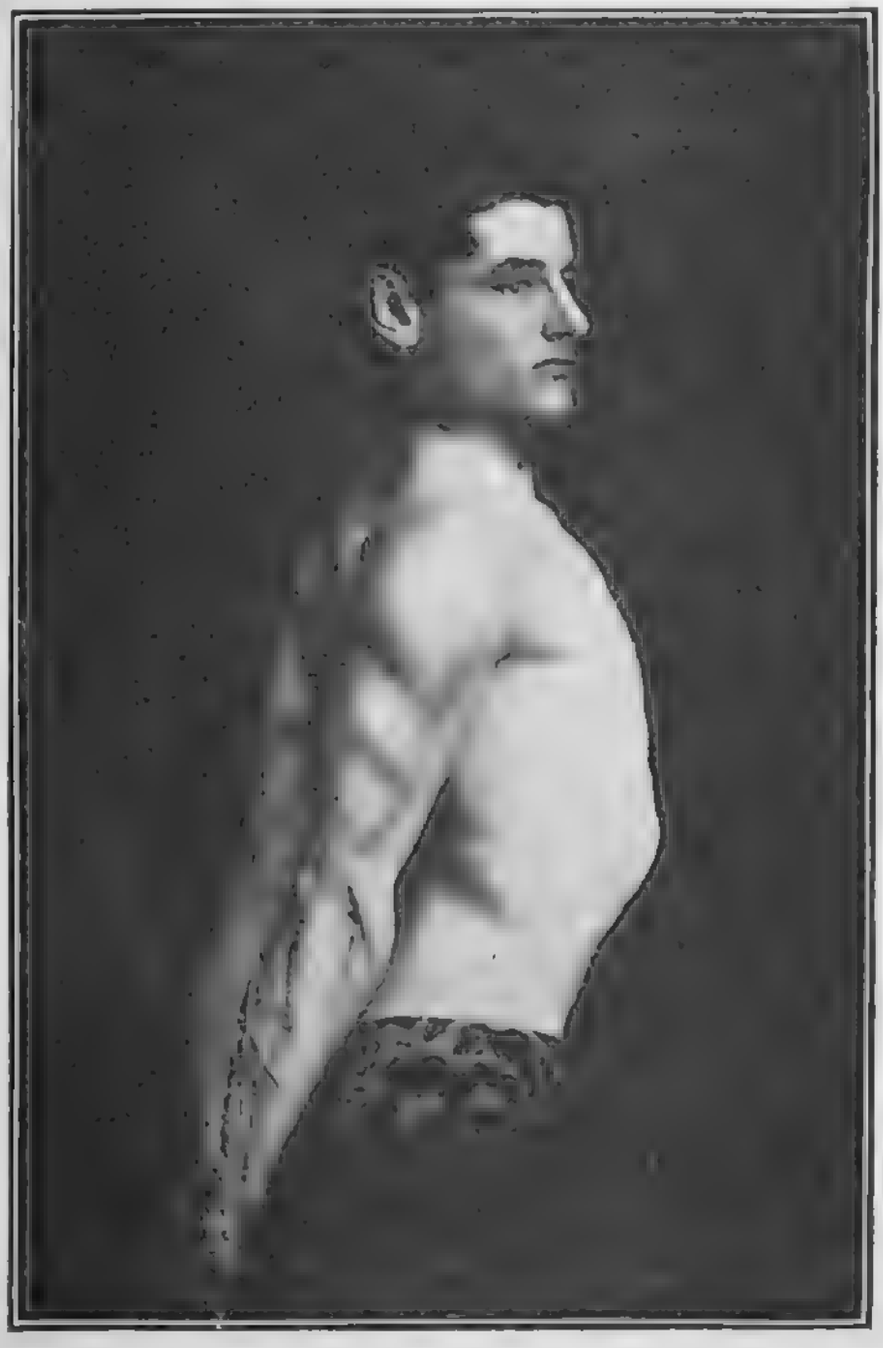
Muscle Training.

It is probably safe to assert that almost the only people who call upon all their muscles for work are a few all-round athletes. Nearly everyone knows what it means to overwork one muscle or one set of muscles. The brawny arm of the blacksmith is a case in point, where one limb, by the very nature of the daily occupation, will be found to be proportionately much larger and stronger than any other part of the body. Then there are the special athletes—acrobats, jumpers, and their kind—who often develop certain muscles to the point of deformity.

The body will always grow biggest at that place where the blood is most often sent,

and where the muscles are kept in most constant action. This is why massage, or passive exercise, is so useful in searching out and supplying with blood and setting to work he parts of the body most inclined to inertia, either by reason of illness or, more often, by reason of neglect.

The needs of daily living cause most people to give more or less exercise to their legs and arms. Even the very old and feeble walk about their rooms and dress themselves. But many people neglect the outlying muscles: for example, those of the neck and back, and, most to be regretted of all, the abdominal muscles, a neglect greatly to the detriment of the general health.



H. S. HODGSON (*Fremantle.*)

It is easy to find out where the lazy, skulking muscles are. They are like tropical darkies in their disposition. If one does not insist upon their working they will lie down and rest for ever. But start them up with any unwonted form of exercise, and what a fuss! What a grumbling and aching, and limping round! There is nothing for it but to send the blood after them constantly as an overseer, and to keep them at it. When this is done the grumbling and the pain will soon disappear, and the joy which is the reward of honest work everywhere will become the portion of those muscles. They will cheerfully do their part.

Health.

* *

Fremantle,
W.A.,
May 2nd,
1904.

Dear Sir,—I have pleasure in sending you herewith photographs of myself, showing the results of about two years' training under Sandow's system. I trust same will prove acceptable to you. Although my development is nothing to boast of as yet, I am very proud of it, as when I started I had no muscles to speak of, was flat-chested, and had weak heart and lungs. I consider myself under a deep debt of gratitude to Sandow's system, and would here like to pay a sincere tribute

to the excellence of it. The results produced by conscientiously following your system for a short time are almost incredible, and I am trying to persuade all my friends to take it on. We are under a serious disadvantage in having no Sandow School here. I am earnestly hoping one will soon be established, and I feel sure it would be well patronised. If you consider any of the photos show sufficient merit I would be very pleased to see them reproduced in your magazine.—Wishing you every success, yours truly,

H. S. Hodgson.

Measurements.

Neck	14½ ins.
Chest	37 ,,
Upper Arm	12½ ,,
Forearm	11 ,,
Waist	28 ,,
Thigh	19½ ,,
Calf	14½ ,,
Chest expansion	7 ,,
Weight	9 st. 7 lbs.
Height	5 ft. 8½ ins.
Age	22 years.

* * *

Publisher's Notice.

We are asked to state by Mr. F. E. Bilz, publisher, 84, Chancery Lane, that the book he is now advertising is an entirely new edition with new models, of that work, and any other that is advertised for sale for less than 21*s.* nett, is the old edition.

* * *

Our Altruistic Morality.

This and the following letter to the Editor of *London Opinion* appeared in the columns of that journal recently :—

Sir,—That the health and vigour of the mind is inextricably mixed up with the condition of the body is fully borne out by both physiological and psychological research. The neglect of physical culture by business men and the shopkeeper class is made very evident by their round shoulders and flat chests. There are, of course, exceptions. Biologists have demonstrated that when a plant or an animal ceases to use any of its organs, these organs degenerate into mere useless, rudimentary ones. It therefore follows that if a man does not cultivate his bodily power, he is injuriously affecting his own well-being and also that of the race. Our altruistic morality interferes with the working of the law of natural selection, and the physically strong, and, therefore, fittest, are not always able to survive in the same proportion as they otherwise would. It is, therefore, incumbent upon all to take as much interest in their bodies as their souls. Notwithstanding the fact that all women desire to be beautiful, few realise that that end can only be obtained by physical culture. All the dress in the world will not make a poorly-developed woman look pretty, while a properly-developed woman, even though clothed in rags, will be attractive. The moral of the whole matter is that married people should strive to counteract the physical and mental weaknesses they have inherited, and to avoid acquiring additional ones.—Yours, &c.

David Hardie.

3, South Bridge Street, St. Andrews.

* * *

Physical Culture to be Voluntary.

Sir,—Let me answer Mr. Sandow's quotation from Herbert Spencer out of that philosopher's own mouth : "Established systems of education," he writes in his Autobiography, "whatever their matter may be, are fundamentally vicious in their manner. They encourage submissive receptivity instead of independent activity." How true these words are with respect to intellectual training our present Board School system shows ; how prophetic they would be, were compulsory physical education adopted in our schools, the report of the Royal Commission's Committee adumbrates. In education State interference should not be tolerated ; to the care of his son's mind the father should look ; in the training of his body the boy should, with due discretion, be permitted to take the initiative. Enforced and stereotyped physical culture

defeats its own purpose; so that exercise may be effective it is essential that the will should co-operate in harmony with, and direct, the muscles. Under compulsion it would be stagnant, if not antagonistic. *Encourage* exercise by all means, but let it be not—save in specific cases—the "submissive receptivity" of the gymnasium and drill-ground, but the "independent activity" of the cricket and football field, whence is acquired that resilient virility which should shame into lucid knowledge those statisticians who, groping blindly through a haze of figures, forget that in all essential athleticism—in running, leaping, swimming, and rowing—the English-speaking race is well in the van.—Yours, &c.

F. E. Cairns.

21, Warwick Street, Kensington.

* * *

Our Volumes.

Our readers are asked to take notice that our Volumes 1, 6, 8 9, 10, 11, and 12 are now published at six shillings each. Volumes 2, 3, 4, 5, and 7 we will endeavour to supply upon application.

Cases for binding any volume can be had, post free, 1*s.* 9*d.*

* * *

The Muscle Bed.

The muscle bed is the latest scheme for ascertaining what exercises are most beneficial to those persons who have to use their heads a great deal. The bed is the invention of Dr. William G. Anderson, of Yale University, in the gymnasium of which he has fitted up his patent. Several years ago Dr. Anderson, while in Sweden, was asked by an instructor in athletics there for a practical way of determining the centre of gravity of a person. Jokingly, Dr. Anderson suggested that to swing a man across a swinging bar until he balanced would give it approximately.

With this idea in mind, Dr. Anderson went to work on the muscle bed, with the result that he has now perfected what he regards as one of the greatest aids in physical development. By this instrument he can tell how much real good a certain set of exercises does in driving the blood supply to certain weak spots. What was a matter of speculation in regard to exercise can now be definitely settled by this bed.

The new muscle bed is a board about seven feet long hung on two knife blades, one on each side, and so delicately balanced that the steps of a person entering the room set it vibrating. The equilibrium of the bed is determined by a spirit level. An indicator on the side tells the angle of variation and a scale gives the degrees of vibration brought about by certain exercises.

A person placed on the table is first told to solve some easy mathematical problem involving the multiplication table. As he concentrates his attention on it the table vibrates, and the indicator moves very slowly towards the head, where the blood is being forced by the mental concentration.

If then Dr. Anderson gives his subject a problem whose solution requires greater effort, the head of the table moves further downward as the centre of gravity of the subject rises. Frequently a change of three or four inches in a person's centre of gravity is observed under these conditions.

In order to reverse things and call the blood away from the head, the student is told to lie perfectly still and dance a jig in his mind. If a piano is near and the music is started, although the subject does not move at all, the head of the muscle bed rises as the blood rushes to the feet at the summons of the thought of a dance, and the person's centre of gravity is lowered. By means of this bed Dr. Anderson can try several sets of exercises, and by placing men on the bed after each set can determine by the readings which set sends the greatest amount of blood to the desired spot without the least exertion.

"I have been able to tell to a certainty," said Dr. Anderson, "exactly what exercises are most beneficial for the man with weak lungs, for example; that is, what form of exercise can be given to the patient which

will tire him least and yet give him the best blood supply. At examination time, for instance, I put a student on this table just after a severe test of two or three hours, and the bed will show at once when the greatest amount of blood is in the head, and then exercises can be prescribed which in the shortest time will put him back into shape."

* * *

A New Athletic Weekly.

We welcome our new weekly contemporary in their efforts to keep us all well up to date in matters of sport, and they will, we feel sure, secure the support from all those interested and their thanks for endeavouring to cater for so large a body. We wish them all success.

* * *

A Royal Wrestler.

Until a year or two ago the Emperor of Japan was an enthusiastic wrestler. He threw out challenge after challenge to the members of the Court and his council and advisers, and defeated fairly and completely everyone who tried conclusions with him until he met Count Tetsu, who proved one too many for him. Since the encounter, although he encourages the sport in every possible way, he has kept out of the arena. "Count Tetsu is now champion," he would say: "I have failed to throw him. Someone else must try."

* * *

Rules of Sport.

In response to many expressed wishes we have now made arrangements to supply our readers with rules of most sports, and as will be seen by our advertisement columns at a very reasonable price. We commend this series of Rules to our readers.

* * *

A Beauty Farm.

An "amazing marriage" has just taken place near Perm, in North-East Russia, on the estate of a wealthy retired distiller named Reshetnikoff.

The bridegroom, a handsome peasant, named Vasilieff, of splendid physique, and the bride, a lovely girl of eighteen, were driven to church in M. Reshetnikoff's carriage, and given as dowry a large wooden cottage and a plot of land. Hundreds of persons witnessed the ceremony, and at the wedding breakfast M. Reshetnikoff delivered an eloquent speech, in which he welcomed "the second generation of his nurslings who are to make of Holy Russia an earthly Olympus peopled with Apollos and Hebes."

The meaning of these strange proceedings is as follows: At the time of the Russo-Turkish war, M. Reshetnikoff, struck with the inferior, ill-nourished physique of many recruits, set aside annually out of his large fortune the sum of 10,000 roubles for the purpose of eliminating the unfit by encouraging marriage only between young people of exceptional beauty, health, and intelligence.

To attain this end, he employed as workers on his estate only the handsomest and healthiest villagers. These he encouraged to enter upon matrimony by free grants of land, payment of all marriage fees, and an annuity of 50 roubles a year for every child born.

He succeeded in removing from his estate by rather harsh means all deformed and sickly persons, and attracted handsome giants from all parts of the province by granting them valuable privileges. Those who refused to marry the partners he selected were unceremoniously deported.

Since the institution of this human beauty farm, forty model marriages have taken place, and over 100 children have been born, nearly all of them being immensely superior to the average Russian peasant children in strength and beauty. The girls in particular are remarkable for their graceful carriage, and lithe, active forms.

Vasilieff's marriage was celebrated with exceptional display, owing to the fact that he and his bride are the first couple, both of whom sprung from unions arranged by M. Reshetnikoff.

* * *

General Sir Alfred Turner, speaking recently at Grosvenor House at the annual meeting of the London Diocesan Council for the Welfare of Lads, which controls the London Diocesan Church Lads' Brigade and the Seaside Camps for Working Boys, said mental education was compulsory throughout the country. Why should not physical education be made compulsory also?

* * *

Mr. C. Marshall Dix, Chairman of the Newcastle Physical Culture Society, writes as follows :—

Sir,—This society, which, for nearly three years past, has bestowed real benefit and physical improvement upon many of both sexes in our town, has practically supported itself upon the small subscriptions of its members. But the rent of a hall, and the purchase money of necessary apparatus and appliances exceed the income, and if it is to last some public support must be accorded to it.

In view of the increasing national interest in physical culture and of a Government enquiry into the physique of the nation having been thought necessary, I cannot and will not believe that there are not some, nay many, in our northern capital who—if they recognised the good this society is doing—would not come forward and give substantial support to so worthy a cause.

With the exception of our president, Earl Grey, Lord Armstrong, and a very few others, no one, as yet, has really recognised our work, or given us a helping hand.

In Aberdeen—the most important physical culture centre in the United Kingdom—the movement was taken up by a few influential citizens, and the society there established, prospered from its commencement, and has done splendid work.

No one can say physical culture is not even more important here than there, and there must be, I am sure, hundreds ready and willing to become our patrons and assist in so noble a cause. May I, therefore, ask from all such some practical response to this appeal, for, unless and until this letter fails to bring that response, I for one shall never believe that there are not public spirited and philanthropical citizens in this district as there were and are in Aberdeen and other large towns which are making rapid strides in this important movement.

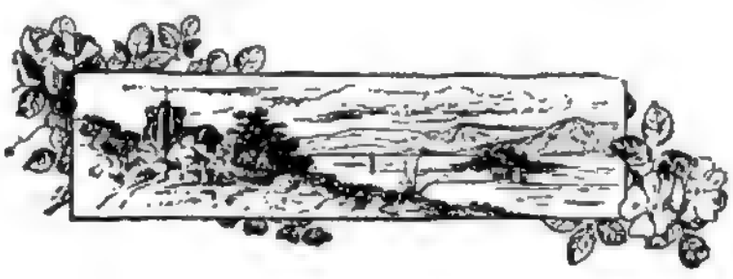
* * *

*** Owing to extreme pressure this month we are compelled to hold over the special article on "The Royal Academy from a Physical Culturist's Point of View."

* * *

*** It should be mentioned that any questions arising out of the articles by Mr. Eugen Sandow in other publications will be answered through the columns of the Magazine under "Hints."

*** In the supplement this month will be found a few selected exercises taken from the recent Blue Book, and into which it will be seen that Sandow movements enter very largely.



Our Ladies' Pages.

ONE of the most famous beauties was Ninon de l'Enclos, whose complexion was the envy of the ladies of the French Court. Many were the compounds they tried to produce a fairness of skin and a rosy blush to equal hers, but in vain.

The secret of Ninon de l'Enclos was one which neither she nor her chemist—in those days great ladies kept their chemists—would part with. It was only after her death, at the age of ninety, that Maitre d'Ouard told what had kept his mistress's complexion fresh and beautiful. It was rain-water and exercise.

* * *

The lazy girl will not obey the promptings of Nature to use her limbs and faculties as it was intended that she should use them. She infinitely prefers to loll about, reading rubbishy books which make no call on her mental faculties, absorbing caramels or chocolates she does not require, thus starving her mind and overfeeding her body at one and the same moment. By doing this she tends to lay on an excess of fatty tissue, which soon robs her youthful figure of any dainty charm it might possess, her digestive organs become deranged, her liver becomes sluggish, and her complexion assumes a sallow tint that adds years to her looks. Just as rightly directed physical exercise will enable the matron to retain the youthfulness of figure, so will it, in cases of the young and middle-aged who have allowed corpulence to creep unchecked upon them, act as a remedy, and gradually remove the undesired avoirdupois. The loveliest features and complexion will not atone for, or overcome, the loss of charm which a woman must suffer who has the misfortune to be too stout.

* * *

News has reached us from Australia that a notable feat was accomplished on April 23rd by Miss Annette Kellermann, the champion lady swimmer and diver of Australia, who swam two miles twenty-one chains in the Yarra in the record time of 46 mins. 30⅘ secs. The course was from the Church-street Bridge

to Prince's Bridge, and, as Miss Kellermann undertook to swim at the rate of a mile to the half-hour, in order to reduce her previous record of one mile in 32 mins. 49 secs., the measure of her success may be gauged from the fact that she attained an average speed of a mile in 20 mins. 34 secs. The standard time for this distance is 28 mins. 30 secs. Miss Kellermann was assisted to an appreciable extent by the current, but, on the other hand, the lack of buoyancy in the waters of the Yarra was something of a handicap. A feature of the performance was that the whole distance was swum by means of the double over-arm, or trudgeon-stroke, without a single change.

* * *

A few bathing "Don'ts" are not unnecessary. 1. Don't forget to find out the depth of water in which you intend bathing. Drowning accidents yearly show the importance of this. And also discover if there are treacherous holes or tides off the beach where the bathe is to be taken. 2. Don't bathe within an hour of taking food. 3. Don't remain in the water till experiencing a feeling of chill 4. Don't swim out half as far as the total distance you can swim. The return half will be much more fatiguing, as you will not be so fresh as at start. 5. Don't forget to wash at least the face, neck, and arms in fresh water after a sea bathe. To omit to do so may lead to painful and unpleasant sores. 6. Don't omit to take a sharp, brisk walk after bathing if you feel the least chilly. And, finally, don't indulge in sea bathing if there is the least suspicion of physical weakness of any kind, without first taking the opinion of a medical man.

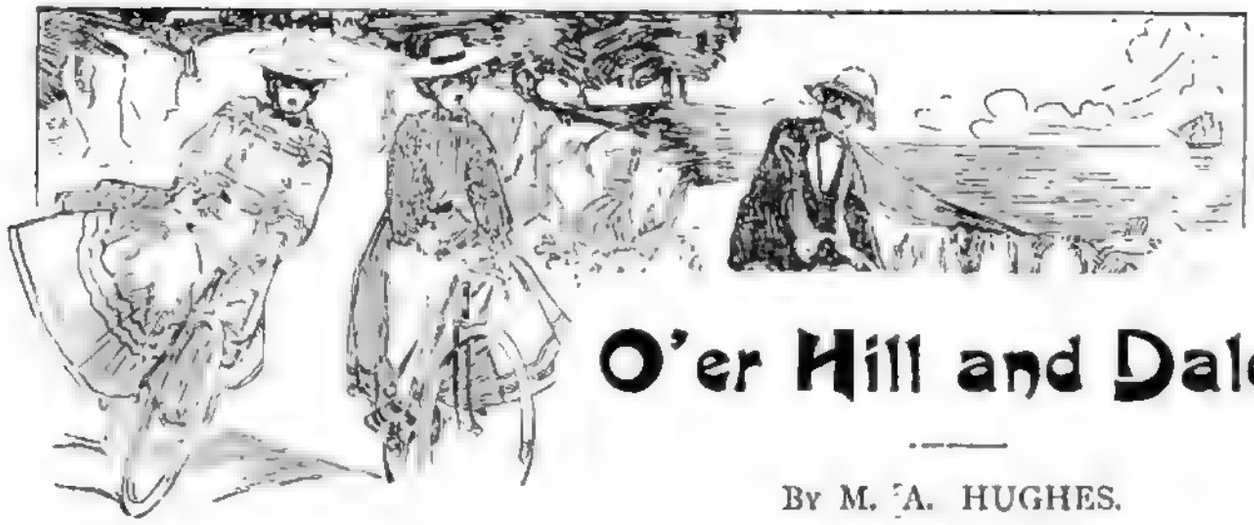
* * *

A New Skirt.

Anything that will contribute to the comfort of those ladies athletically inclined, or even otherwise, must be of interest to our lady readers, to whom the new "Easy-walking" skirt must indeed prove a boon. It possesses the great advantages of the ease and healthfulness of a divided skirt without the appearance of one, and a full description of the patent will be found elsewhere. It will undoubtedly supply a long-felt want.

THE ROYAL MILITARY TOURNAMENT—JUMPING.

(*See page* 43.)



O'er Hill and Dale.

By M. A. HUGHES.

(A COUPLE OF PLEASANT CYCLING JAUNTS.)

NOW that the holiday season is upon us, and no doubt many who go in for cycling will be taking their mounts with them to the sea coast, it has occurred to me that many of my readers would like to know something of the district they propose visiting. I purpose, therefore, describing a couple of delightful rides each month, and commence with two on the East and South Coasts respectively.

POTTER HEIGHAM BRIDGE.

RIDE No. 1.

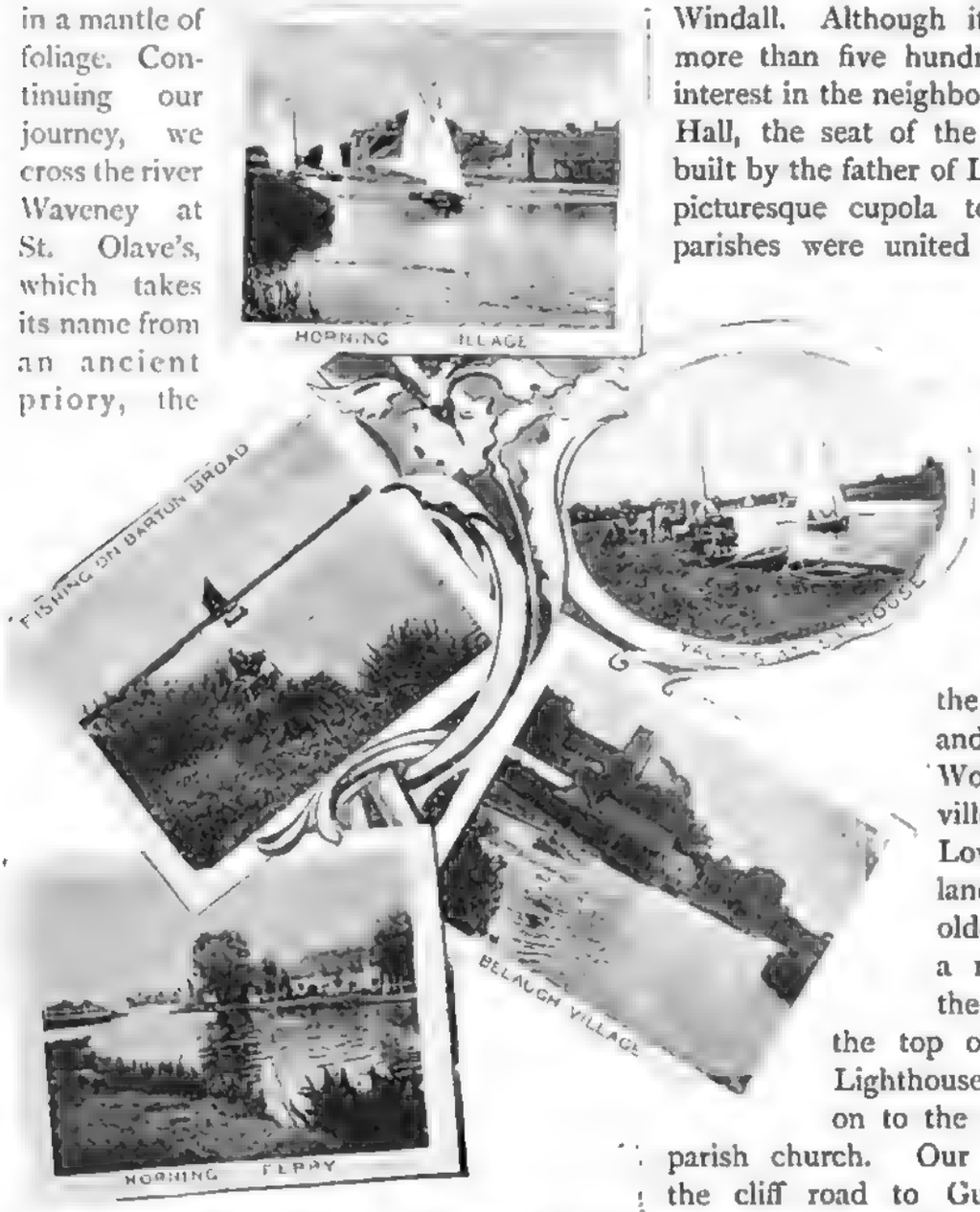
Lowestoft and Yarmouth (50 miles).

Many run away with the idea that because the outline of the East Coast generally is flat the scenery is uninteresting, but this is entirely wrong, and from Yarmouth some exceedingly pretty and interesting spins may be obtained either north or south of the town. The former takes us amongst the majority of the Broads, and a fine run can be obtained by taking the road through Caistor, Acle, and Witton to Norwich, then on to Stalham via Salhouse and Wroxham, returning to Yarmouth by way of Potter Heigham, Bastwick, Ormesby, and Caistor, this making a run of about fifty miles.

OULTON BROAD.

It is my intention, however, to describe more fully a ride to the south of the great seat of the herring industry, making its rival Lowestoft, our turning

point. Starting from Yarmouth Quay we cross the Yare by South Town Bridge into Suffolk. Proceeding through that rising suburb, Gorleston, we bear to the right and have an almost straight run of about four miles to Fritton, where we will pause for a while to view the decoy on Fritton Broad, almost hidden in a mantle of foliage. Continuing our journey, we cross the river Waveney at St. Olave's, which takes its name from an ancient priory, the ruins of which are near by. The bridge, which here spans the river, was first erected by Dame Hobart in the reign of Henry VII., and rebuilt in 1770, and again in 1848. Passing through Haddiscoe, we turn to the left, and a winding road of about four miles has to be traversed to Burgh St. Peter or Wheatacre Burgh. Here the chief point of interest is the ancient church, built of flint, in the early English style. Retracing our steps by way of Aldby, whose manor once belonged to the cathedral of Norwich, and was made the site of a Benedictine cell, we regain the high road at Gillingham, which is blessed with the extraordinary cognomen of Gillingham All Saints-cum-St.-Mary-cum-Winston-cum-Windall. Although its population is little more than five hundred, there is much of interest in the neighbourhood. Gillingham Hall, the seat of the Kenyon family, was built by the father of Lord Bacon, and has a picturesque cupola tower, and when the parishes were united in 1748 All Saints' Church was taken down, only the ivy-covered tower remaining. We are now barely a mile from Beccles, an ancient town which as long ago as 1586 suffered severely from fire. Now we enter upon the roughest part of the journey, viz., the eight and a half miles through Worlingham, Carlton Colville, and Oulton, to Lowestoft, the scene of land and sea fights in the olden days. Having had a rest, we pass through the long High-street, at the top of which is the High Lighthouse, and a little further on to the westward the fine old parish church. Our way now lies along the cliff road to Gunton, where, bearing to the right by Gunton Hall Grounds, we proceed to Corton. The lofty tower of the church is a most conspicuous object, and for many years has been used by seamen as a landmark, whilst the village presents many old-time features. Another four miles, and we join our outward route at Gorleston, and so proceed to our



starting point, the ride in all being about fifty miles.

RIDE No. 2.

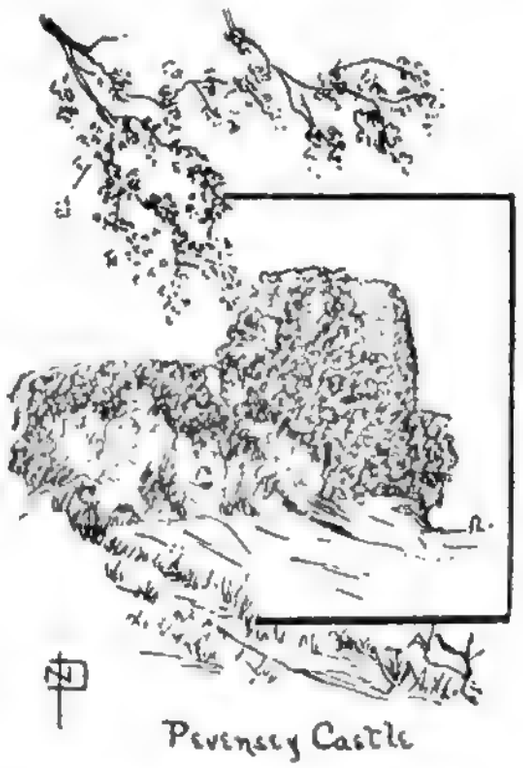
Hastings and Eastbourne (35 miles).

Visiting once more the southern shores of our island, we take a circular ride between Hastings and Eastbourne, a district brimful

AVENUE, COLDHAM HALL.

of historic associations, and the most pleasant surroundings. Hastings, or, as it is called in the Bayeux Tapestry, Hestengacaestra, reminds one of the most thrilling pages of early English history, which are even more firmly impressed upon one as you come across the various scenes so closely connected with the victories of William the Conqueror.

Proceeding along the Marine Parade towards St. Leonards, we turn up the London-road, and have some rather stiff hills to negotiate to Battle. The town, which is seven miles from Hastings, was called by the Saxons Epiton, and its present name was given it after the big battle of 1066, which is commonly known as the Battle of Hastings. Standing on the site of King Harold's camp and the place where his standard was wrested from him is Battle Abbey, founded by William the Conqueror in commemoration of his victory. The best view of the Abbey is to be obtained about half a mile before entering the town, and simultaneously gives a good idea of the extent of the battlefield of the Conquest. After leaving Battle we turn off sharp to the left at the cross roads, and continuing to the left through Catsfield, soon reach Ninefield, which, situate as it is on the top of a hill, affords a fine view, extending on a clear day as far as Hastings on our left, and Eastbourne on our right. Standard Hill is the spot on which William I. planted his standard after the Battle of Hastings. Continuing our way, we soon enter the straggling village of Hurstmonceaux. Here the most interesting point is the Castle, the shell of which still remains, although the red brick edifice was built so long ago as the time of Henry VI. by Sir Roger de Fiennes. It was gutted in 1777, and portions of the material were used in the building of Hurstmonceaux Place, which stands on the north-west side of the park. Once more mounting our machines, we proceed through Gardner's-street, whence we bear to the left to Hailsham. Another



couple of miles, and we are in Polegate, with a straight run of about five miles to Eastbourne. Having indulged in a rest, and

perhaps climbed to the top of Beachy Head, which terminates abruptly the South Downs, we will commence our homeward journey. Our way lies through Sea Side, past the Ordnance Yard and the long row of Martello towers which stretch along the coast, and are a distinctive feature between the rival watering places. On the wide bed of shingle of Pevensey Bay we may perhaps catch glimpses of men with what are known locally as "backsters" strapped to their feet. These are wide, flat pieces of wood, which, like snow shoes, make progress easier, whilst now and then in the barren waste we come across little hillocks, which may serve as a resting place for tern and many migratory birds. The comparative dullness of the five miles between Eastbourne and Pevensey, however, is quickly dispelled as the latter place is

reached. The first thing to attract attention is the fine old Castle, which, although in ruins, affords ample proof of the fine building talents displayed by our Roman ancestors. The walls average about twelve feet in thickness, and, according to Wright, "The mark of the trowel is still visible on the mortar, and many of the facing stones look as fresh

as if they had been cut yesterday"—and this after 1600 years' existence. Much could be written of this interesting spot, but we must continue our way through the village and on to Bexhill-on-Sea, which has made rapid strides of late. Here a submarine forest has been discovered, from which, strange to say, the sea is receding, instead of encroaching. Continuing along the coast line, we are soon in St. Leonards once more, and a spin along the front to Hastings brings our run to a close, after covering in all between thirty-five and forty miles.

(*To be continued.*)

FROM time to time I have made my readers acquainted with the sensational feats performed by Mr. W. P. Caswell, but all that he has ever done before has been eclipsed by his last performance—the last, unfortunately, for some little time, I fear, seeing that he is at present laid up with a badly damaged ankle. A clean right-hand lift of 185 lbs. is one that many a strong man of considerably above Caswell's weight might have some difficulty with; yet the light-weight amateur champion put it up in the most clean and convincing manner without any apparent trouble. If any 10-st. reader can better this I should very much like to hear from him. Caswell next tackled a double-handed lift with a bar-bell weighing 230 lbs., and although he did not succeed in putting it up at the first attempt, his second essay was successful, and thereby he established a world's record.

The late 10-st. amateur champion, C. Russell, now a professional, has recently come forward with a challenge to J. W. Weldon, of Leeds, who, in the opinion of some North-countrymen, is the best man living at his weight. Russell has put down a forfeit of £10, but I have not yet heard that it has been covered. Personally, I consider Russell to be much the better man, and this without any want of respect for Weldon, who is, undoubtedly, a first-class lifter, but not the equal of either Mr. Caswell or Russell. Good as he is, Weldon has been, in my opinion, distinctly overrated, and against either the amateur or professional would stand but very little chance of gaining a victory. Probably he was a bit off colour when I saw him competing in Birmingham last at the A.G.A. Championship Meeting, but his form that evening gave me the impression that his powers had deteriorated somewhat.

In London the most important event in the weight-lifting world has been the big weight-lifting championship and physical culture competition held under the direction of Professor J. Szalay, at the Regent Street Polytechnic. It will be remembered that last year this competition was declared an unauthorised one by the Amateur Gymnastic Association, but this time I saw no such notification addressed to members of those clubs affiliated to the A.G.A. warning them against entering. Of the eleven competitors that entered seven were under ten stone, a significant fact that shows that big men, men of large bulk and great natural strength, are scarcely as interested in the game as some few years back. It is possible, of course, that the unexpected inclusion of Mr. C. von Lom amongst the competitors had something to do with this, for the burly veteran has such a reputation that many a really good man who may be looked upon as a marvellous performer in his own restricted circle hardly cared to enter the list against an opponent so formidable. I must admit to feeling a con-

siderable surprise when I heard that von Lom intended competing, but his appearance was explained when, at the termination of the competition, he made known his intention of never again taking part in an open competition, preferring to leave the field open to younger men. It is only as a competitor, however, that the old champion will no more be seen; he will still continue to practise the game for his amusement and the benefit of the younger generation, who will be able to rely upon his support and benefit by his knowledge and experience of the art for, I trust, many years to come.

An additional interest was given to the competition by the entry of M. Léon Sée, a member of the Athletic Club de France, who accompanied Maspoli, and, I think, competed also, on the occasion two years ago, when the Herculean Frenchman carried off the Cadbury Challenge Cup with a record total of 893 lbs., creating, incidentally, an amateur record of 296 lbs. with the bar-bell lift, and astounding everybody present with his marvellous snatch lifts. Maspoli did not defend his title to the Cup last year, nor was he a competitor on this occasion, which is to be regretted, for a struggle between him and von Lom would have been worth a long journey. Sée, although under 12 st. in weight, is a very powerfully-built man, compact and energetic, a man naturally strong, and although finely developed, with none of the abnormal muscularity some weight-lifters think necessary to their success. Like all Continental lifters, the bent or "Sandow" press is unknown to, or at least, unpractised by him, and both his one handed lifts were "snatches." His bar-bell lifting was very fine indeed, in fact, he was actually 1 lb. in excess of von Lom on this lift; although the latter is capable of several pounds better, on this occasion he saw no necessity of beating the Frenchman's best, having already done quite sufficient to win the heavy-weight event and also secure possession of the Cadbury Cup.

G. Butler, who won triple honours in 1903, winning the 11 and 12-st. events as well as securing the cup with a total of 746 lbs.—exceptionally good for a man inside 11 st.—was somewhat off colour, especially with the bar-bell, lifting only 181 lbs., coming to grief when he attempted to raise a 214-lb. weight. Sée had commenced with one weighing 224 lbs, and jerked it to arm's length without any trouble, failing when he added 30 lbs. to it in his third lift, while von Lom's 235-lbs. lift was accomplished quite easily. The other heavy weight, J. Thomas, could do no better than Butler, and was far behind him in the one-handed lifts. Butler's right-hand lift of 170 lbs. was good, equalling von Lom's, but the latter had but one lift with both right and left hands. Sée snatched 156 lbs. right hand and 136 lbs. left—Maspoli has done 190 lbs. thus with the right hand—and also did well with the double lift—104 lbs. and 92 lbs.—failing when he attempted 115 lbs. and 92 lbs.

Only two men entered for the 10-st. event, H. Bailey and L. Lewis, who had previously won in the feather-weight class. Bailey, a well-built youth with most pronounced development of the stomach muscles, won with some 20 lbs. to spare; his best lift was with the bar-bell, improving from 170 lbs. to 181 lbs.

Five entered for the 9-st. event, and the competition produced some interesting lifting, although several of the competitors had evidently not mastered that perfect utilisation of bodily force as opposed to mere arm power which is so essential, and one or two were also evidently unacquainted with the correct disposition of their lower limbs. No little part of Mr. Caswell's extraordinary success is due to the thorough appreciation and use of this fact, which cannot be too strongly impressed upon the novice. Lewis was the best in the one-handed lifts, raising 137½ lbs. right hand and 127 lbs. left—although but for a little luck he might have left the hall upon an ambulance, the head of the bell he was using, a plate bell, coming off and narrowly missing his head when attempting his initial lift. Hood, a member of the

weight-lifting club of which von Lom is President, showed very good form, but to my mind is of too slight build, and too tall for his present weight to shine very greatly. Still he has any amount of pluck, and under von Lom's tuition will doubtless improve. The winner is more of the weight lifter's build, short and square, with thick body as well as muscular limbs, and when he has acquired greater control of his movements will do much better. I append a detailed result of the competitions:—

9-STONE.

	Right Hand.	Left Hand.	Two Hands.	Barbell.	Total.
	lbs.	lbs.	lbs.	lbs.	lbs.
L. Lewis ...	137½	127	146	168	578½
F. S. Polimeni	117	121	153	170	561
P. Hood ...	115	115	153	170	
W. Ayling ...		retired			
A. Brunning ...		retired			

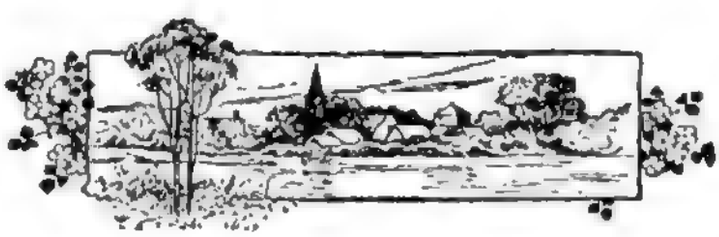
10-STONE.

H. Bailey ...	135	128	146	181	590
L. Lewis ...	137½	127	146	160	570½

HEAVY WEIGHT.

C. von Lom ...	170	170	202	235	777
Léon Sée ...	156	136	196	236	724
G. Butler ...	170	156	187	181	694
J. Thomas ...	136	148	163	181	616

Strength of grip is one of the qualifications of the successful weight lifter, and the uninitiated who have watched strong men at work have marvelled at the tremendous muscular force of the fingers required for the performance of the feats. I cannot say off-hand who, in this country, might be considered champion at this feat of strength, but in France the question has been decided, and Antoine Serole proclaimed "recordman." Using a dynamometer the pressure of one hand was registered at 80 kilogrammes, equivalent to some 180 English lbs. Vansittart would probably be the man to hold the English record, judging by his astounding feats of strength with his hands, but I would point out that even such remarkable power as he possesses is not unprecedented. Thus Charles Batta, the well-known French athlete, was able to tear an ordinary pack of cards in halves, holding it between the forefinger and thumb of each hand only. Yet Batta once met his match in the person of a country clergyman who crushed between his finger and thumb a grain of wheat, a feat which the strong man, who witnessed it, found it quite impossible to equal, although he made several attempts. The parson admitted that several years' practice had been necessary before his powers had been sufficiently developed to admit of his success. Of the feats of Léon Sée and one or two others who are noted for feats of this kind I must defer mention until next month.



AND EDITORIAL CHAT

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page iii of advertisements.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

Culturist, London.—(1) To correct this habit count, but under your breath. (2) The correct method of breathing at any time is with the mouth closed. (3) I certainly advise you to go to one of my schools. Tottenham Court Road would suit you admirably, and you will find particulars in this number of the Magazine.

M. Higgins, L'pool.—My best answer to you is that my pupils' ages range from 4 to 82 years of age. There is no doubt whatever as to your increase of muscle. They will furnish you with all particulars at the Liverpool School.

A. R. C. H., Newcastle.—I would prefer that you consult your doctor, and acting on his advice take a course by post, stating every particular as you have done here.

A. R., Bolton.—The writer of the article you mention states that the particulars given by him were as furnished by the principals, who do not take cognisance of minor affairs. This only referred to his important contests.

Major.—(1) Yes, I make a rule to employ ex-Army instructors in my schools. (2) There is no absolutely correct method, it should be a natural position, on the right for preference.

T. J. Murphy, Cork.—(1) Everything depends upon (*a*) your age; (*b*) the time you can devote to exercise; and (*c*) your present physical condition. There is no reason why you should not do so. You have begun well. (2) Yes, if you get the same amount of work out of it—it is a matter for experiment. (3) Thanks for good wishes.

C. A. O.—(1) The present developer is satisfactory in every way, but I anticipate placing on the market shortly a machine specially for ladies. (2) Yes, at Sandow Hall, Savoy Corner, Thames Embankment, E.C. (3) Yes, there is one at present, but not in plaster; may be obtained in bronze or in other metals. (4) A month to six weeks for now. (5) It would be a great work, and I shall probably take it up again on my return. For the present there are modified forms in a cheaper form, written by me, viz.: "Strength," which is being revised, and "Body Building," which is now in the press. (6) Thanks heartily for your congratulations and suggestions which I will bear in mind.

P. Nicholson, Hull.—The same numbers will not do for developer and chest expander. You will find these in a column by themselves.

In Doubt, Manchester.—You are certainly very tall for your age and not sufficiently heavy. To increase your weight (1) Plasmon cocoa morning and evening, and (2) Plasmon in powder form with your other foods. It is a most excellent preparation. There is no reason why you should give up, but modify the leg exercises. Chest and arm exercises are what you require particularly.

E. C. Graham, Edinburgh.—(1) Your chest, upper arms and thighs need attention. (2) You will get far more satisfactory results by working both dumb-bells and developer either on alternate days or a little of each every day. (3) Thanks for good wishes *re* South African tour.

H. Y. Z., Lewes.—I would first of all remind you that you are very young, and do not try to force matters. Your chest, biceps, left forearm are all that need particular attention. Exercise regularly, 30 minutes per day will be ample for you. I am pleased to see you have obtained converts to my system.

Africanus, Grahamstown.—This is a matter for you to decide by experiment. In a measure, I agree with your doctor, viz.: It would be best not to take the cold bath. Your only method of getting the chart you require would be to purchase Vol. V. of the Magazine, which contains several other useful charts.

J. McFarlane, Port Elizabeth.—No, I think not. Surely the achievement of success should be sufficient reward.

J. H. Oates, Sheffield.—These very poor attempts to draw me into a controversy have been made for years past, and were I to take notice of them my time would be fully occupied with no result but that of advertisement for others who are anxious to obtain it, and will not stick at anything to do so. I invariably treat them as they deserve. The position I hold to-day is sufficient proof of the fallacy of such absurd statements as you enclose.

S. G. H., Tonbridge.—The statement made is absolutely misleading. It is the first I have ever heard of such a thing, and I am highly amused. Go on working as you suggest, and I can assure you of success in both cases.

Progress.—(1) No, they should be perfectly straight. (2) The muscles should be contracted throughout the whole of the movement. (3) Yes it is better to take exercises from the chart, and by so doing obtain a combination of dumb-bell and developer exercises. (4) It does not matter in the least, exercise until you are tired but not exhausted.

E. W. Short, Bristol.—I admire your enthusiasm in endeavouring to obtain for others what you yourself have gained. The amount your friend can press above his head conveys nothing whatever to me. The man with a proportionate physique and a sound organism is my ideal. I am glad to see you appreciate my dumb-bells and developer.

L. B. Thompson, Bendigo.—I should say you were the first physical culture class in connection with the societies you mention, but as you no doubt are aware there are many such sections now in existence. I am very pleased with your enthusiasm. You have taken a great deal of trouble, and even though your position is an honorary one, you obtain your reward by the results accruing to your pupils. Should be pleased to receive your photos and will, if possible, publish same.

C. E. Mann, N'ton.—I doubt very much if it is your muscular system which is at fault, but rather some part of your internal organism. I should suggest, by your chest measurement, you lack breathing room. You had better take a course of my system by post. This will get you into good condition generally. In the meantime moderate your cycling considerably and take your exercise regularly.

W. H. Efraes, Norwich.—(1) Probably you lie upon one arm, or wear a band which interferes with circulation. (2) Refer to Anthropometrical Chart.

Sandow's Sports Bureau.

With a view to providing a medium whereby readers of his Magazine may obtain the best advice in the selection of various sporting implements, Mr. Sandow has secured the co-operation of experts in various branches of sport, whose opinions will be given free of all cost.

The benefits accruing therefrom to the purchaser are incalculable, for without any charge whatever, he will secure the assistance of one of the best men in every branch of athletics, in the selection of the articles desired.

Be it a bat, football, racquet, cycle, rifle, or anything else that may be required, all that the reader has to do is to write to the

Expert Department,
Sandow's Magazine,
131, Temple Chambers,
E.C.,

stating the nature of the goods wanted. The Expert will at once (by return post if possible), forward a quotation for the best article of its kind. On return of the quotation slip with the amount stated, the goods will be specially selected by the Expert, and forwarded. It will be definitely stated on the quotation sheet whether the price includes carriage or not.

This is not an offer to the general public, but only to readers of SANDOW'S MAGAZINE.

Sandow's Sports Bureau Coupon.

To the Expert Department, Sandow's Magazine,
131, Temple Chambers, E.C.

Please give your advice and particulars as to price, etc., of articles mentioned below.

Name

Address

Requirements :—

CHIEF SPORTING FIXTURES
FOR JULY.

CRICKET.

4—Lord's, Gentlemen *v.* Players.
4—Sheffield, Yorkshire *v.* Derbyshire.
4—Liverpool, Liverpool and District *v.* Cambridge University.
4—Blackpool, Mr. A. N. Hornby's XI. *v.* Lancashire League.
7—Oval, Gentlemen *v.* Players.
7—Leicester, Leicestershire *v.* Derbyshire.
7—Harrogate, Yorkshire *v.* Kent.
7—Brighton, Sussex *v.* Essex.
7—Birmingham, Warwickshire *v.* Cambridge University.
7—Alton, Hampshire *v.* South Africans.
7—Lord's, M.C.C. and Ground *v.* Haverford College (U. S.A.).
11—Lord's, Middlesex *v.* Essex.
11—Worcester, Worcestershire *v.* Lancashire.
11—Nottingham, Notts *v.* Leicestershire.
11—Portsmouth, Hampshire *v.* Yorkshire.
11—Birmingham, Warwickshire *v.* Surrey.
11—Tunbridge Wells, Kent *v.* Sussex (Tunbridge Wells week).
14—Lord's, An XI. of England *v.* South Africans.
14—Worcester, Worcestershire *v.* Surrey.
14—Taunton, Somerset *v.* Hampshire.
14—Tunbridge Wells, Kent *v.* Yorkshire (Tunbridge Wells week).
14—Derby, Derbyshire *v.* Lancashire.
14—Coventry, Warwickshire *v.* London County.
18—Nottingham, Notts *v.* Gloucestershire.
18—Worcester, Worcestershire *v.* Hampshire
18—Manchester, Lancashire *v.* Middlesex.
18—Oval, Surrey *v.* Yorkshire.
18—Chesterfield, Derbyshire *v.* Essex.
18—Leicester, Leicestershire *v.* Warwickshire.
18—Crystal Palace, London County *v.* M.C.C. and Ground.
18—Edinburgh, Scotland *v.* South Africans.
18—Lord's, Gentlemen of M.C.C. *v.* Royal Navy.
20—Lord's, Gentlemen of M.C.C. *v.* Royal Artillery.
21—Leicester, Leicestershire *v.* Notts.
21—Brighton, Sussex *v.* Surrey.
21—Beckenham, Kent *v.* Somerset.
21—Birmingham, Warwickshire *v.* Hampshire.
21—Manchester, Lancashire *v.* Essex.
21—Dewsbury, Yorkshire *v.* Gloucestershire
21—Liverpool, Liverpool and District *v.* South Africans.
22—Lord's, Gentlemen of M.C.C. *v.* Royal Engineers.
25—Bradford, Yorkshire *v.* Notts.
25—Oval, Surrey *v.* Somerset.
25—Derby, Derbyshire *v.* Sussex.
25—Liverpool, Lancashire *v.* Gloucestershire.
25—Leyton, Essex *v.* Warwickshire.
28—Welbeck, Notts, *v.* Derbyshire.
28—Manchester, Lancashire *v.* Worcestershire.
28—Southampton, Hampshire *v.* Surrey.
28—Bath, Somerset *v.* Sussex.
28—Leyton, Essex *v.* Middlesex.
28—Hull, Yorkshire *v.* South Africans.

YACHTING.

1 —Clyde Corinthian Yacht Club: Regatta.
1-2 —Royal Southern Yacht Club.
2 —London S.C., Burnham-on-Crouch: Handicap, 7 tons and under, and Race for 18-footers; 3.15 p.m.
2 —Waveney Sailing Club: Matches.
2 and 4—Royal Clyde Yacht Club: Regatta.
4 —Castle Yacht Club: Solent Classes.
5 —Gourock Yacht Club: Regatta.
5 —Hythe Yacht Club: Solent Classes.
6 —Mudhook Yacht Club: Regatta.
7 —Royal Western Yacht Club of Scotland: Regatta.
7 —Royal Norfolk and Suffolk Yacht Club: Races in Lowestoft Roads.
8 —Royal Largs Yacht Club: Regatta.
8 —Royal Albert Yacht Club: Solent Classes.
9 —Royal Corinthian Yacht Club: Matches from Port Victoria to Ramsgate.
9 —Royal Thames Yacht Club: Matches at Dover.
9 —Royal Portsmouth Corinthian Y.C.: Solent Classes.
9 —London S.C., Burnham-on-Crouch: 18-footers, 3.30 p.m.
9 and 11—Royal Northern Yacht Club: Regatta.
11 —Island Sailing Club: Solent Classes.
11-14—Royal Temple Yacht Club: Ramsgate week.
14 —Royal Victoria Yacht Club: Solent Classes.
14 —Yare Sailing Club: Matches
15-16—Royal Cinque Ports Yacht Club: Regatta.
16 —Royal Corinthian Y.C.: Match at Port Victoria.
16 —Gravesend S.C.: Open Cup Race to Hole Haven.
16 —Tighnabruaich: Regatta.
16-18—Havre: Regatta.
16-18—Royal Ulster Yacht Club, Belfast Lough.
18-22—Ostend: International Regatta.
21 —Kingstown Regatta, Royal St. George Yacht Club.
21-22—Royal St. George Yacht Club, Kingstown.
23 —Royal Cinque Ports Yacht Club: Matches from Ostend to Dover.
23 —Holy Loch: Regatta.
25-28—Boulogne: Regatta.
29-30—Royal Southampton Yacht Club, Calshot.
30, August 1—Clyde Corinthian Yacht Club: Matches.
30 —Gravesend Sailing Club: Cruise to Hole Haven.

ROWING.

5- 7—Henley Royal Regatta.
6 —Gravesend Town Regatta.
7 —Worcester Regatta.
7- 8—Dublin Metropolitan Regatta.
9 —Kingston-on-Thames Regatta.
14 —Metropolitan Regatta.
14 —Bedford Amateur Regatta.
14 —Wandsworth Town Regatta.
16 —Staines Regatta.
20 —Borough of Kingston Regatta.
22-23—Molesey Regatta.
26 —Thames Punting Club, Regatta and Amateur Championship, at Shepperton.
27 —Doggett's Coat and Badge Race.
28 —Professional Punting Championship, at Maidenhead.
30 —Sculling Championship, G. Towns *v.* Tresidder, in Australia.
30 —Windsor and Eton Regatta.
30 —Goring and Streatley Regatta.

LAWN TENNIS.

4, &c.—At Stamford Hill, Gipsy.
4, &c.—At Edinburgh, Liberton.
4, &c.—At Ashby-de-la-Zouch, Leicestershire Championships.
6, &c.—At Newport, Welsh Championships.
7, &c.—At Maidstone, Maidstone.
11, &c.—At Queen's Club, London Championships.
14, &c.—At Leamington, Leamington.
14, &c.—At Shrewsbury, Shropshire Championships.
14, &c.—At Hull, Hull.
18-19 —At Edgbaston, Inter-County Finals.
18, &c.—At Redhill, Redhill.
18, &c.—At Edinburgh, Edinburgh Hydropathic.
19-20 —At Pickering, Pickering.
20 —At Edgbaston, Edgbaston.
25, &c.—At Newcastle-on-Tyne, Northumberland Amateur Championships.
25, &c.—At Llandudno, Craigside.
25, &c.—At East Grinstead, East Grinstead.
26, &c.—At Athenry, co. Galway, West of Ireland Championships.
27, &c.—At Windermere, Windermere.
28, &c.—At Sleaford, Sleaford.
29, &c.—At Rochester, Rochester.

SWIMMING AND WATER POLO.

1—Ealing S.C. *v.* St. Bartholomew's Hospital, at Ealing.
2-4—Life-Saving Society's Competition for the King's Cup, at Highgate Ponds and Bath Club, London.
4—St. Bartholomew's Hospital *v.* Otter S.C., at Holborn Baths.
4—Water Polo League (Gamage Shield), first round at Fitzroy Baths.
4—Quarter-mile Championship of Kent, at Margate.
4—Life Saving Society's 150 Yards Race for the King's Challenge Cup, at the Bath Club, Dover Street, W.
9—English One Mile Championship, at Liverpool.
13—Midland Counties 220 Yards Championship, at Shrewsbury.
14—English 220 Yards Championship, at Burslem.
16—English Long-Distance Championship, Thames.
18—100 Yards Championship of Notts, at Victoria Baths, Nottingham.
18—St. Bartholomew's Hospital *v.* Queen's Westminster S.C., at the Holborn Baths.
22—Richmond S.C. *v.* St. Bartholomew's Hospital, at Richmond.
23—Reading S.C. Gala and 150 Yards Breast-stroke Championship.
23—Southern Counties One Mile Championship, at the Crystal Palace.
23—International Trial, South *v.* North (Water Polo), at Bristol.
30—International Trial, North *v.* South (Water Polo), at Scarborough.
30—Western Counties 440 Yards Championship, at Exmouth.

ATHLETICS AND CYCLING.

2—A.A.A. Championships, at Rochdale.
16—Essex County Championships, at Chelmsford.
23, 25, and 26—International Championships, at Gosforth, Newcastle.

NATIONAL PHYSICAL EDUCATION.

National Physical Education.

DOINGS OF THE MONTH.

EDITED BY M.D.

The New Model Course.

MUCH has happened in the world of National Physical Education since my introduction to you last month, but much yet remains to be done, and it rests with the teachers and the children to see the work carried out, for the Inter-Departmental Committee, no doubt, now consider their duties at an end. They have done their work, but I am bound to admit that a perusal of the report and the syllabus of exercises does not give one the idea that the same body was responsible for the two portions of the syllabus. There is a marked difference in the two which cannot be helped but noticed, and I must say that in the main the new model course falls very very far short of what one might expect from reading the report of the Committee.

Even to one who, like myself, has studied the subject for many years, the syllabus is almost

Bewildering

in the number of exercises set out and the words of command which are necessary for the carrying out of the movements.

Again, many of the exercises are so utterly superfluous as to be patent to the average student of physical culture, and after going most carefully through the 109 exercises set out (which, for the benefit of those concerned, the Committee in their report state *should not be worked through as they stand*), I have only been able to find a set of

Eight exercises

which, in my opinion, would prove at all beneficial.

These exercises you will find set out in diagram in the centre of this issue, together with a description of the movements and the few words of command necessary for the execution of the movements. Although in one or two instances the exercises are somewhat modified or incorporated, the exercises are taken from the syllabus, and I venture to think that if this chart be used by masters and mistresses it will prove most satisfactory in every way.

You will notice that by comparing the directions of this chart of exercises with those in the syllabus, I have succeeded in avoiding

Unnecessary waste of time

in preliminaries and useless words of command. Military red-tapeism is very predominant all through the chapter, throwing back at the Committee their statement that they had "rigorously excluded everything which savoured of the purely ornamental." The majority of the exercises can have no value whatever from a physical point of view; that is, as they stand at present, and on the other hand many of them are likely to prove highly injurious.

For the purpose of testing the suggested code of exercises as set out by the Committee at the end of their report, I discovered that either they had no idea or else they had not given a thought of how much school-time was

to be taken up with physical exercise. To accomplish one movement alone in each of the ten sections a fair average number of times to produce any benefit would require at least half an hour, and this has to go on increasing as the pupils grow more proficient! Thus, when we arrive at proficiency, and one section alone contains *twenty-six* movements, you may form a rough calculation as to what time would be left for carrying out any other part of the curriculum.

No, what is wanted are a few (the fewer the better)

Beneficial exercises

which may be practiced day by day, *conscientiously*, and the number of times increased every other day or so until the maximum number is reached, after which those pupils who have shown advancement may be given a fresh series of exercises, whilst those who are still backward may continue at the original movements until they, too, can be advanced. All this is dealt with fully in connection with the chart, but before leaving this matter I would like to mention that we propose issuing the chart to schools on an enlarged scale, mounted on cloth. These charts will be added to from time to time as occasion demands.

I have had several letters from various parts of the country asking various questions on the subject of National Physical Education, which will receive attention in another part of the Magazine, but one from Mr. S. C. Oliver, of Newcastle-on-Tyne, would, I think, be better dealt with here. Mr. Oliver suggests that it would stimulate both pupils and teachers alike in their physical welfare if a

National League

of physical education was formed. The idea seems to be a good one, and I thank my correspondent for the suggestion, to which I am giving my closest consideration, and I hope in our next issue to be able to place a rough draft of some such scheme before my readers.

Meanwhile, I have been busy formulating particulars of .

The Competition

which was mentioned in our first issue, and the result will be found set out elsewhere, so that there is no need to waste valuable space in going into the matter here further than to say that I hope teachers and pupils will combine in assisting us to carry out successfully the project we have in hand.

Another matter to which I should like to draw attention here is our offer to the first two hundred masters, mistresses, or teachers of elementary schools who apply to be placed on our list of subscribers. To these we shall return their subscription and forward each month

Free of all charge

their copy of the Magazine for a year. As applications are already coming in fast, my advice to you is, if you have not already sent, waste no time.

THE EDITOR.

South London Schools Athletic Association and the King.

LETTER FROM HIS MAJESTY.

The following is the full text of the correspondence which passed between the King and Mr. T. Bispham, B.A., the chairman of the executive of the South London Schools Athletic Association :—

"The King's Most Excellent Majesty. May it please your Majesty :

"We, the officers and members of the executive of the South London Schools Athletic Association do most humbly and dutifully petition your Majesty to graciously bestow upon our work your Majesty's approval and sympathy, and to humbly beg your Majesty's presence at the organised games and prize distribution on the 22nd of June next, at the London County Athletic Grounds, Herne Hill, S.E.

" We would further most humbly convey to your Majesty our most grateful thanks for the

bestowal of your Majesty's gracious encouragement given to manly sports and pastimes throughout your Majesty's empire, and would most dutifully and sincerely venture to express the hope that your Majesty's sympathies are with us and our fellow-workers in this great metropolis in strengthening and disciplining upgrowing manhood by the provision of these organised games.

"We also beg to assure your Majesty of the great loyalty and devotion of many of your Majesty's youthful subjects who have passed through our schools and have received some benefits through participating in these outdoor games, and who are now found in your Majesty's services.

The following is the reply sent by command of His Majesty :—

"Buckingham Palace,
"May 30th 1904.

"Sir,—I am commanded by the King to acknowledge the receipt of your letter of the 20th ultimo, and to express His Majesty's regret that, owing to his numerous engagements at the time, he will not be able to comply with your request that he should be present at the South London Schools Annual Athletic Festival. At the same time, the King desires me to assure the members of the South London Schools' Athletic Association that he regards with satisfaction the importance which is now attached to the physical development of children, and that he takes great interest in all institutions which have for their object the improvement of the 'physique' of the young.

"I am, Sir,
"Yours faithfully,
"F. C. G. Ponsonby."

Honour from France.

Mr. H. Gregorius Brown, who attended the Annual Physical Training Festival of the French Union of Gymnastic Societies at Arras as official delegate of the National Physical Recreation Society of Great Britain, was decorated recently by M. Loubet with the Order of Officier de l'Académie Française. This distinction, which is probably the first conferred on a British gymnastic master by a foreign government, is awarded to Mr. Brown in recognition of his services as a member of the Council of Associated European Gymnastic Federations. Mr. Brown has frequently represented the National Physical Recreation Society, of which the King is patron and Mr. Gladstone, M.P., is president, at gymnastic festivals abroad.

6,700 Miles to School.

One of the girls attending Hascombe elementary school has walked 6,700 miles to and from school in the course of her period of attendance. The average attendance of this school is 97 per cent. A novel feature of the arrangements is that clothes and boots are kept in reserve, so that when the children come in wet they can change their garments.

Education and Athleticism.

That educational ability go hand in hand with prowess in the playing fields has just been demonstrated by the boys of the Wilton Road Board School, Hackney. They have been presented with the Hackney Shield by the Hackney Schools Association—their name having been inscribed upon it to such an extent that a new shield has to be provided; they were the runners-up in the London Schools Championship; the majority of their boys formed the Hackney team that won the "Sun" Shield, open to the junior schoolboys of London; and two of their boys represented London against Edinburgh—a record for any one school. On the educational side, it is stated, they have won more scholarships than any other school in London—the value of these being estimated at no less than £10,000.

Work in Bristol.

Increasing attention is being given to physical exercise in the elementary schools of Bristol. At the Council schools the system taught during the past year has been that introduced by the late School Board,

with revisions as necessity and circumstances have required. The instruction has been systematic and regular throughout the year, the standard children receiving instruction on two half-hours in each week, and the infants for 10 to 15 minutes daily. When weather and circumstances permit, the instruction is given in the open air, and is imparted by the class teachers, under the general supervision of the Superintendent of Physical Instruction. Practically the whole of the children in attendance participate in these lessons. The Superintendent's classes for the instruction of teachers have been well attended during the year, over 200 teachers having qualified for the committee's certificate for proficiency. The systems in use in Voluntary schools differ as to kind and quality. The instruction has principally been given by the class teachers, but in a few instances special instructors have been employed. An endeavour is being made to introduce a uniform system, and to improve the quality of the teaching.

Physical Culture in Elementary Schools.

A most interesting paper and discussion thereon, was listened to by the members of the Society of Medical Officers of Health recently. Mr. Lockhart E. W. Stephens, M.R.C.S., the Medical Officer of Health for the Warblington Urban District, chose as the subject for his paper, "Physical Culture in Elementary Schools." He pointed out that what was wanted, now that everything had been done in the way of hunting bacilli, was to increase the personal resistance of those liable to be affected, by producing a generally better working of the organs.

He had devoted considerable attention to the question as affecting school children, and pointed out that its importance was constituted in the fact that the educational people alone were not capable of dealing with it. The War Office had called for assistance in order to improve the physique of the nation, and the infantry drill book had been a model for the physical training in the elementary schools, giving altogether unsuitable, if not harmful exercises. He thought that the medical profession were the proper people to advise, and he thought that the Medical Officers of Health should be empowered to supervise the physical education and culture of the young. To physical education they would have to look for the remedy for physical deterioration which had been going on far too long, while by physical culture he meant the development of the body as a whole, so that each part might reach as safely as possible to the highest perfection. Anyone having a great deal to do with examinations of people, could not help but be struck by the general want of condition and good physique among the people. It was rare to see a really well-set-up man. In dealing with the various systems of physical culture which have been devised in recent years, Mr. Stephens placed them under two headings, good and bad. He was entirely against the drill-serjeant, whose exercises were primarily intended for the grown-up man, and not for tender children. He did not wish to suggest that the Educational Department was blind, but he urged upon them the necessity for their obtaining assistance from the medical faculty. He characterised the physical education as carried on in rural schools throughout the country as a farce. He also depreciated the idea of teachers attempting to instil knowledge of physical training into their pupils, before they themselves had been properly taught, and pointed out that proper physical exercise was as different from the work of the drill-serjeant as could well be imagined. He concluded by insisting that accepting physical deterioration as a fact, the most important means to combat that deterioration is physical culture, and that physical culture should be carried on from the Educational Department, advised by medical men, and especially Medical Officers of Health, and that the present scheme, drawn up by the Department on the

War Office model, was not the best possible for the purpose intended.

Dr. H. Beale Collins, whose address to another branch of the Society of Medical Officers of Health is dealt with elsewhere, laid great stress on the fact that teachers must be carefully trained, for unless that was done, they could not possibly impart the necessary knowledge to their pupils. He also laid great stress upon the question of food for children, and expressed the opinion that young children are fed too much upon meat. A great deal more could be done with cheaper vegetable food, if the poorer classes could be taught to use it properly.

Dr. J. Kerr, the Medical Officer of the London School Board, said the subject was one which no one, as it were, knew anything about, because like snakes in Ireland, physical culture did not exist in most schools. The physical training of children was an exceedingly important matter, because hitherto educational ideals have paid very little attention to the physical condition of the children at all. The unnatural condition created by many hours' attendance at schools daily could only be replaced by physical culture. He also pointed out that whatever scheme was adopted, the age of the pupil must be taken into account. Dr. Kerr referred to the recent introduction into schools of breathing exercises, which, he said, have an immense value in developing the circulation, and as such are good. He did not think it was at all necessary that these exercises should be done out-of-doors; if indoor air was good enough to live in, it was surely good enough to breath in. The schools were not such dreadful places as had been pictured, and the breathing exercises would lead to the opening of the windows, and attract attention to the condition of the schools generally. Teachers should have direct training in physical culture, and must know what is to be obtained from the exercise; in the country schools neither teachers nor children have the faintest idea why they do certain movements, some of which are perfectly wrong. For this reason the Society would do very well, if they did nothing else but move the Board of Education in the direction of having properly trained scientific inspection.

Dr. W. Butler expressed the opinion that the wonder was that the deterioration was not greater than it is. The conditions of life in towns was such that no one could reasonably expect the rising generation to grow into healthy men and women. He advocated in addition to physical culture, the serious consideration of the food question.

Dr. Lockhart Stephens, replying to some of the points raised, expressed pleasure at the fact that the military system had been abandoned, as this showed some sort of conscience on the part of the Board of Education. He did not think that Dr. Kerr would consider a schoolroom the proper place in which to carry out physical exercise if he knew the state of some of these places after an evening's smoking concert. He had endeavoured to bring before the Society one most important point, viz., that Medical Officers of Health should come in as advisers, and not as mere enforcers of the Public Health Act.

* * *

At the present time there are 36,986 men and boys employed in teaching elementary education in this country, of whom 26,296 are certificated; and 120,301 women and girls, of whom 44,610 are certificated teachers. How many of these know anything of *physical* education?

* * *

Should sufficient orders come to hand, we intend issuing the chart which appears in this number in an enlarged form and suitably mounted for hanging in the class-rooms. Orders should be forwarded to the Editorial Offices as early as possible.

* * *

We propose forming a National League of Physical Education for Children. We should be glad to receive suggestions in connection with the same.

OUR FIRST CHART.

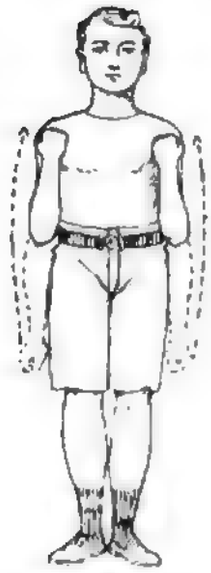
WITH this number we are presenting our readers with a chart containing what we think should prove a most useful set of exercises selected from the syllabus as recommended by the Inter-Departmental Committee. It will be noticed that we have not stuck to the strict letter of the law in the matter of either selection or the exact manner in which the exercises should be carried out, considering that the members of the Committee themselves point out that they are only set out as a guide, and that any modifications or alterations are permissible. This will be noticeable in Exercise 4 of the accompanying chart, which is a modification of Exercise 53 of the syllabus, incorporating a breathing exercise, without which the movement is of little or no value. The same with Exercise 7, which is Exercise 74 of the syllabus, with the proper method of breathing included.

Of course, the great essential in the physical training of children during school hours is to get as much good work accomplished in as short a time as possible. We have therefore purposely left out all preliminary movements. All that need be done in this respect is to muster the children with as much precision as possible in the playground, or between the forms of the classroom if the weather be wet, *being sure to have all the windows as wide open as possible.* Adjust the distance between each child so that there is ample room for every movement to be made freely, and place the children in rows according to their physical capabilities. The teacher will be well advised to investigate this matter carefully before allowing a child to exercise. Lung capacity and predisposition to varicose are things which should be enquired into. The children having been placed in their respective rows, the teacher should be able to tell off to each row the number of times each exercise must be executed by that particular row. He should count distinctly, and each row will stop at the number, standing at attention whilst the remainder of the class complete their number of movements.

You will find the eight movements which are set out here ample to occupy the time at command. The number of times they should be repeated is purposely left blank, as the conditions must necessarily vary, and some exercises are so much more trying than others, but taking each, say, half-a-dozen times, the exercises would take from ten to fifteen minutes to execute. As the children get more proficient the number of times the exercises are repeated may be increased, regulating the number according to the amount of time at disposal, which should not be less than twenty minutes.

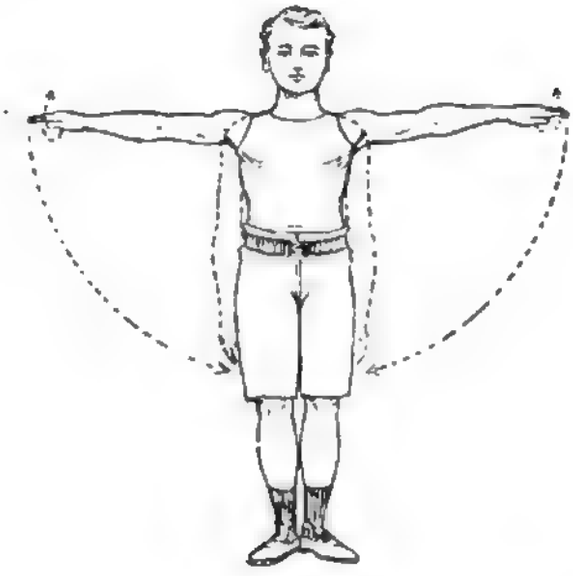
Instructors should be very particular to see that pupils are not hampered in any way, girls especially, by tight clothing, and it would no doubt act as a stimulus to them if they were told from time to time of the handsome prizes which the proprietors of National Physical Education are giving to those children who show the most improvement.

We are having the chart reproduced on a larger scale, and mounted on cloth suitable for hanging in the class room, which will be retailed at cost price. Should you desire to have any number of copies, write to the Manager, 131, Temple Chambers, E.C., marking your communication "Charts," and he will attend to your wants.



EXERCISE 1.

Stand with body erect, arms at the sides, hands clenched. On the word—*Arms bend*—bring the forearms slowly up as far as possible with the back of the hands turned outward, the whole body braced up to its fullest extent. On the word—*Downward stretch*—bring the arms slowly back to their original position. Repeat — times.

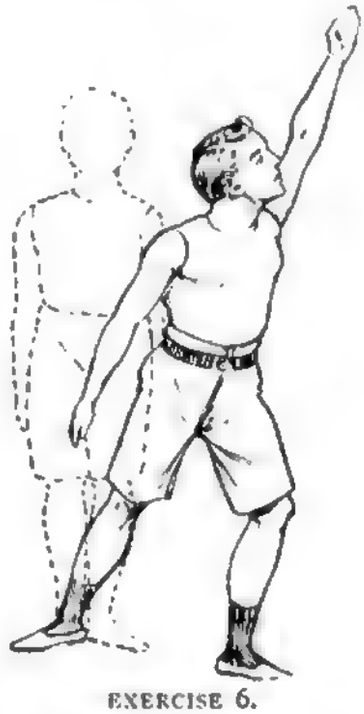


EXERCISE 2.

Stand erect. On the word—*Arms sideways, raise*—raise the arms sideways until level with the shoulders, fingers extended and palms downward. On the word—*Hands turn*—turn the palms smartly upwards, and (2) downwards. On the word—*Downward lower*—bring the arms smartly to the sides.

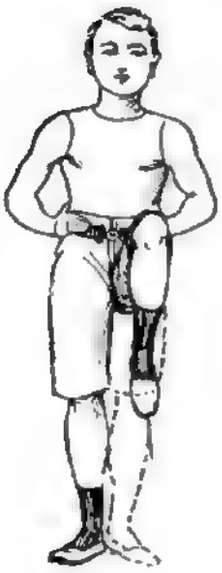
EXERCISE 5.

Stand erect with hips firm. On the word—*To the left, bend*—bend slowly to the left, shoulders square to the front, eyes to the front. On the word—*Upward stretch*—raise the trunk slowly to the upright position. Repeat to the right and continue — times.



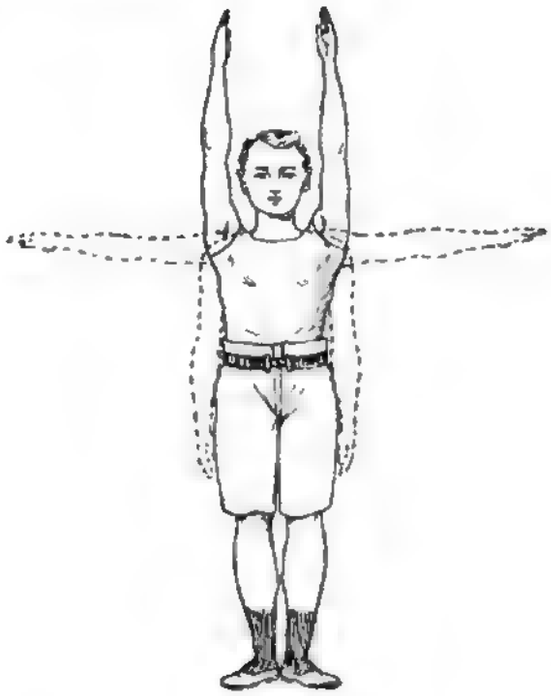
EXERCISE 6.

Stand erect, body firm. On the word—*Left foot forward, lunge*—lunge out with the left foot three foot-lengths in the direction in which the toe is pointing, the knee well bent. At the same time stretch the left arm upward and the right arm downward. On the word—*Recover*—bring the arms smartly to their original position, at the same time pressing the left foot sharply from the ground and resuming the starting position. Repeat same movement with right foot and arm. Repeat — times.



EXERCISE 3.

Stand erect, hips firm. On the word—*Left knee raise*—bend the left knee slowly upward as close to the body as possible, the toe pointing downward as far as possible. On the word—*Knee lower*—bring the leg to its original position and repeat with right leg. Repeat — times.

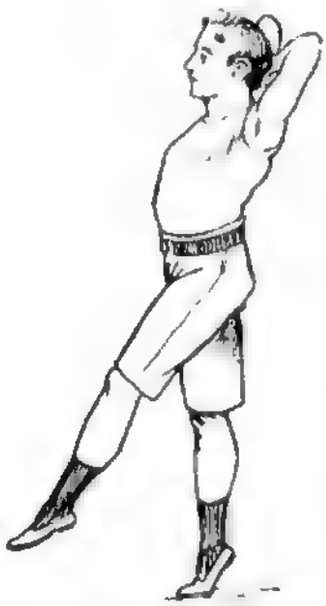


EXERCISE 4.

Stand with arms at the sides, body erect. On the word—*With breathing, arms sideways and upward raise*—raise the arms slowly upwards, inhaling through the nose all the time, until the arms are at their fullest extent above the head. On the word—*Lower*—bring the arms slowly to their original position at the sides, expelling the air at the same time through the mouth. Repeat — times.

EXERCISE 7.

On the word—*Astride*—move the left foot smartly a short pace sideways. On the word—*Arms upward stretch*—raise the arms over the head to their full extent, inhaling all the time. On the word—*Forward bend*—force the air from the lungs, at the same time bending slowly forward as far as possible, keeping the knees straight. On the word—*Upward stretch*—raise the body to the erect position, inhaling all the time. Repeat — times, then bring the arms smartly back to the sides.



EXERCISE 8 (FOR DEPORTMENT).

On the word—*With neck rest, heels raise*—clasp the hands behind the head, at the same time raising the heels from the ground, keeping the hips firm. On the word—*March*—step out briskly on tip-toe, keeping the knees straight, elbows pressed well back, chest forward and head erect. March — paces.

Northern Polytechnic Institute.

Some first-class gymnastics and excellent drilling was shown in the Large Hall of the Northern Polytechnic Institute by leaders and men of the men's gymnasium. Mr. Walter Surr, in the unavoidable absence of Lord Alverstone, occupied the chair, the evening's work being carried out under the direct supervision of Mr. David Nelson. Dumb-bell, horizontal bar, fencing, and sword exercises occupied the greater part of the time. There was an exciting turn of "Wrestling on Horseback," and a bout of "Blind-Boxing." Mrs. R. S. Clay distributed last season's medals during the interval, one of the principal winners being Mr. R. W. Axten, who carried off first prize in the Leaders' Gymnastic Competition. The Calisthenic Competition was won by Mr. A. W. Fry; the all-round gold medal went to Mr. H. Guichard, and for swimming, a silver cup, presented by Mr. B. Cohen, M.P., fell to the lot of Mr. A. W. Fry again.

Borough Polytechnic Day School.

The fourth annual gymnastic demonstration given by the leaders and members of the Women's Gymnasium and girls of the Domestic Economy Day School attached to the Borough Polytechnic, took place in the Institute, Borough Road, S.E., under the direction of the instructress, Miss Adolphsen, and proved in every way a decided success. The attendance was a large and influential one, and the several exercises were productive of a very fine and perfect display. The Hon. Maude Stanley was in the chair, and was supported by the chief officials connected with the Institute. After presenting the prizes, Miss Stanley, in a few terse and appropriate terms, complimented all concerned for providing such a pleasing and unique display, and expressed satisfaction in attending on the occasion. The first part of the programme consisted of Swedish exercises by the evening students of the Women's Gymnasium, and like exercises by the girls of the Domestic Economy Day School, both sections going through their exercises in most commendable style. The Indian clubs display by the elementary section of the evening students was a highly finished one, as was also the gymnastics on apparatus by the evening students. Arm and balance exercises on Swedish boom and rope climbing were also clever and highly commendable performances. The presentation of medals by the Hon. Maude Stanley to the successful candidates at the competitions held February 24th, 1904, followed. The honorary judges for these competitions were Miss Barnes (member Brett College Physical Education) and Miss M. Moseley (of the same institution). The winners were :—Governor's silver medal, Miss Amy Davidson; Governor's bronze medals, Miss Nellie Fawcett, first; Miss Georgina Whiter, second. After a brief interval the second part was proceeded with, and this was entirely confined to the evening students, who gave highly finished performances with dumb-bells, Indian clubs (advanced section), wand exercises, gymnastics on apparatus, vaulting horse, and high jumping. Miss Adolphsen, instructress, is to be highly complimented for the great proficiency displayed by her numerous pupils.

Mouth Breathing.

Mouth-breathing is more than a habit; it is an evidence of deformity or disease in the upper air-passages. A child never breathes through his mouth from choice. He does so either because the passages of the nose are obstructed or because his tonsils are enlarged, and he cannot be taught to breathe naturally so long as the obstruction remains. In some instances the interference with respiration is due to a deformity of the chambers of the nose, but in a majority of cases it is caused by the presence of adenoids in the pharynx. Enlargement of the tonsils may be associated with either of these conditions, or it may exist alone.

Children who breathe through their mouths are always more liable to the diseases of the

bronchial tubes and lungs. They often suffer, too, from disease of the ears, and they rarely escape the first opportunity to contract the acute infections, for many of these gain entrance through the tonsils. But aside from such possibilities, the interference with breathing soon produces a change in the features and a permanent deformity of the chest quite like that which formerly more than now was regarded as an evidence of an inherited tendency to consumption. These abnormal conditions of the nose and throat often become evident in early infancy; they are considered as due in a measure to hereditary transmission, for they often appear in several generations of a family. Their existence in a child is sometimes revealed during recovery from measles, scarlet fever or other acute illness.

A tendency to catarrhal disease of the throat may develop and persist even after the cause has been removed. This must be overcome by exercise, cool bathing, and other hygienic measures in addition to such local treatment as the physician may direct. The neck should be bathed with cold water morning and evening. The cold sponge-bath every morning is better, but habitual cold bathing should be begun during the summer-time. Muffling of the neck should be avoided as much as possible.

Graduated physical culture is always beneficial. No child is too delicate to take systematic exercise under a competent instructor unless it is suffering from some organic disease. A most important part of the course is the cool shower or plunge bath at the close of each period of exercise, and it soon becomes the part that is most enjoyed.

Slum Gymnasts in the West End.

Four hundred girls!

Girls with fair pigtails, girls with dark, frizzy locks, girls with delicate features and rose-leaf complexions, girls with the quaint sprightly ugliness of the London slum child, and girls whose dusky profile and flashing dark eyes told of Ghetto ancestors. All habited in the trimmest of tunics, brown or red or blue, knee long, and belted round the waist to match their collars, some white, some yellow, some poppy red or glittering with gold braid.

These misses, in their smart gymnastic dress, with their slender ankles and their debonair young figures, were working girls, factory hands, flower sellers, seamstresses, and the like.

They came from the slums of Seven Dials, from the mean streets of Homerton and Hackney Wick, from Soho and Whitechapel, from Clare-market and down Lambeth way, to the Queen's Hall, there to show to the West End how they amuse themselves in club and continuation school when the day's work is over.

A figure with short dark curls, a white tunic, and scarlet shoes and stockings, stood on the platform, waved her hand, whispered a word of command, the pianist thumped his loudest, and the physical drill began—a bald name for such a pretty sight.

The 400 march and counter-march, form squares and windmills, wave wands, and flourish dumb-bells with the precision of clockwork. Miss Clara James (she of the red stockings) waves her hand again. The exhausted pianist is relieved by another. The giddy tempo of a hornpipe rattles out.

Then one sees that these are no bread and butter misses, but real live factory girls, wild-spirited creatures, uncrushed by poverty and overwork; prim and soldierly a moment since for love of their teacher, but now very spring-heeled Jills, all quicksilver.

Hair flying, cheeks red with excitement, they foot it with an energy which exhilarates the spectators to frantic applause, and quite finishes up pianist No. 2, who retires exhausted to give place to a braw piper with swinging kilts and fluttering ribbons.

Somewhere in the programme there is a pause just to give the girls time to enjoy Lady Aberdeen's sweet smile and to allow of a short speech from the Rev. Stewart Headlam,

who congratulates the gymnasts on their skill and the Women's Industrial Council on their successful crusade against physical degeneration among the future mothers of the British workman.—*Daily Mail.*

* * *

In order to encourage teachers and others to become subscribers to *National Physical Education*, we have decided to place the first two hundred applicants on the free list. The magazine will be sent to them post free each month. You will find an application form elsewhere.

* * *

We must all walk, just as we must all talk prose (says the *Hospital*). It is said that there are persons who make it a rule never to walk when they can ride. But it is never good economy to spare shoe leather. The man who keeps his legs in condition (it is equally true of the female) is doing much to keep his nerves and his brain in condition, and he will probably be able to measure his degree of vigour by observing the strength of his knees.

It is true that walking is not the ideal exercise, from the anatomical point of view. It is better than cycling, for it allows of that half-swing of the pelvis at the advance of the legs alternately which is wanting in the cyclist's seat; and it gives much better play to the arch of the foot and to the ankle. The chief demerit of pedestrianism is that it gives no exercise for the arms and shoulders and not much for the loins.

The kind of walking which fulfils every end of exercise is that which one takes with a golf club in hand round a links. The swing of the body in wielding the club is a variety of muscular exertion which is too seldom practised, and cannot be too much prized. A golfer will sometimes have remarked that certain groups of his muscles must be comparatively unexercised in ordinary, from the stiffness which he feels in them after his first day's play following a long interval; and among them are the muscles of the loins and flanks. It may be said to be a sound principle, needing no proof, that the better the condition of the muscular walls the safer the state of the organs contained within them.

* * * *

The Misses M. and K. Powell, daughters of the late Mr. F. Gover Powell, of White Ladies' Road, are about to undertake a lecture tour in America on the subject of physical culture. They will sail for New York early next month, and will visit most of the important American cities. Both ladies received their training at the Clifton Gymnasium, and were awarded gold and silver medals by the National Physical Recreation Society.

* * * *

The whole report of the Select Committee is simple, temperate, and convincing, and one can only hope that the Board of Education will give the recommendations the effect which they undoubtedly deserve. The child is father to the man, and healthy men make a prosperous nation.—*Medical Press.*

* * * *

The Bristol Centre of the Parents' National Education Union held the sixth meeting of the session recently, at the Kensington School of Art, Berkeley Square, when Mrs. Josef Conn addressed a crowded audience of ladies. Mrs. P. J. Lloyd presided. Mrs. Conn took as her subject "Physical Education," and addressing herself to women as mothers she deplored the profound ignorance displayed by women as a whole in all that related to the vital organs of the body. This ignorance affected not only themselves but also future generations. Most childish ailments were the outcome of ignorant neglect on the part of the mothers and nurses in charge of children. Few mothers realised the lasting disastrous effects of such neglect on the child's health. The first traces of adenoid growths and spinal curvature were unnoticed till they became apparent to the untrained observer, and then an operation or other strong measure had to be resorted to. Most forms of physical exercises only developed the limbs, instead of strengthening the muscles that affected the vital organs.

By teaching children to breathe properly adenoids would never develop, and by teaching them to sit and stand correctly curvature of the spine would be less frequent. Mrs. Conn then spoke on voice production, and showed how, by the proper use of lungs and nasal breathing, one could control and intensify the voice without the fatigue which most public speakers experience, and by the use of diagrams and practical illustrations showed the effect on the body of incorrect breathing and deportment.

* * * *

A good story is told in *Our Hospitals and Charities Illustrated.* A district nurse, thinking a child would be the better for a wash, asked the mother if there were a bath in the house. "Lor, yuss, nuss," was the answer; "we've 'ad a bath in the 'ouse these seven years, but, thank Gord, we've never 'ad to use it!" The bath, it was found, was regarded only as medicine.

* * * *

The Northwich Urban Council have adopted a novel scheme by which school children of both sexes pass through the gymnasium and receive physical instruction after school hours. Scholars from nine separate schools have undergone tuition. Careful data are taken of their condition and measurements on entering, and at stated periods. The instructor has already advised the council that a very marked improvement is noticeable in the physique of many of the children.

* * *

The committee appointed to consider the quuestion of physical training in schools insists on the supreme importance of purely nasal breathing. A child who cannot breathe comfortably without using the mouth requires to be submitted for medical examination. The establishment of nasal breathing will probably be accomplished by an improvement in the child's power of attention, and is consequently of great importance educationally. It also diminishes the risk of contracting most infectious diseases with their serious results.—*Accrington Observer.*

CORRESPONDENCE.

PHYSICAL EXERCISE AND TOBACCO.

Sir,—My remarks are addressed more especially to the rising generation of young men; it is, indeed, with the idea of saving the youths and young men of the present day from themselves that they are implored to turn their attention to physical culture, in order that they may have less time and inclination for spending their spare time unprofitably, and, most of all, to rid themselves of the tyranny of excessive smoking and drinking, and other vices to which so many youths become a prey because they have no hobby to fill up their leisure hours. Physical culture puts an embargo upon too much smoking and drinking. No man can keep in sound condition and at the same time indulge to any great extent in my Lady Nicotine or the convivial glass. The pursuit of physical exercise, moreover, means self-denial and discipline, which is just what youth requires. Nothing will, perhaps, do more to settle the cigarette question, so far as boys and youths are concerned, for they will soon learn to take a greater pride and joy in improved physique, increased strength, and that inestimable feeling of manliness that makes life worth the living, and without which life is but a sorry existence.—Yours, &c., GEORGE H. THOMAS.

18, King's Mount, Oxton, Birkenhead.

PHYSICAL DEGENERACY.

The following letter has been sent to the editor of *The Yorkshire Post*:—

Sir,—Referring to the article on Physical Degeneracy in to-day's issue of your paper, I enclose copy of a letter I sent a few weeks ago to the Education Authorities in my district.

The matter is, in my opinion, of the greatest importance, and I trust that the information you are publishing will result in the formation of a body of public opinion

that will insist on the requisite information being given to all girls during their school life.—Yours, etc., E. H. Hill.

4, Harrison Road, Halifax, June 14.

[Enclosure.]

Dear Sir,—You are no doubt well aware that in these manufacturing districts many married women work in the factories, and often they continue to work till shortly before confinement and resume work as soon after as the law allows. Consequently there are many mothers who are unable or unwilling to give their children their natural food, and so long as this is the case it is highly important that the proper methods of feeding children during the first eighteen months of their life should be well known to the women of this district.

I from time to time in the exercise of my office come across cases where the deaths of children under the said age are directly attributable to improper feeding, and in other cases the evidence shows that the child has been improperly fed, and that that has materially contributed to its death. I find gross ignorance as to the proper feeding of children prevails. The usual idea is that if a baby is ailing it requires more substantial food, and bread sops with only a very small admixture of milk is given. I have met with cases where children have from a fortnight old been principally fed on bread sops. If a child is ailing, instead of skilled advice being called in, a woman of "experience" is asked to see the child; the term meaning one whose own children have suffered a great deal of illness, or died.

There can be little doubt that for every case of improper feeding that comes within my cognisance many more exist, and that the members of the medical profession could supply facts and figures that would show how widespread is the injury to the life and health of the rising generation. The tables of infant mortality are eloquent on the subject.

I lay these facts before you as the authority having the power to impart information to the girls who are to be the mothers of the next generation, trusting that it may be possible to give in the elementary schools of this district such instruction on this most important subject as may dissipate the ignorance to which I have referred, and be the means of insuring a good start in life physically to the "children yet unborn and unbegot" of this neighbourhood. — Yours faithfully, E. H. Hill.

Coroner for the Halifax District of the West Riding of Yorkshire and Honour of Pontefract.

4, Harrison Road, Halifax, May 20.

ANSWERS TO CORRESPONDENTS.

F.R.S., Leeds.—You must be careful what exercises you give of those suggested by the Committee, as many of them are very harmful and not conducive to children's benefit. Consult the Chart included in this issue.

Schoolmaster, Salford.—By all means exercise the children in the open when possible, as you will find many advantages accruing by so doing, especially with the breathing exercises, to which you should pay great attention.

Enquirer, Aberdeen.—Your suggestion you will notice is planned out on another page, and we think the giving of these prizes should be an inducement both for master and child. We solicit your assistance.

Liverpool.—We should much like to publish your letters as we feel it would benefit the cause we both are interested in. Will you give us your permission so to do?

Board School, London.—Yes, our first Chart is in this issue, which we contemplate having mounted on linen and varnished, so that it can be hung in schoolrooms. Thanks for wishes.

N.P., Worcester.—See answer to "F.R.S., Leeds." No, certainly not! Not by any means, you will do the child much harm. We shall always be pleased to advise you.

Batham.—It can be forwarded to you from our Office for 1*s.* 6*d.* a year, post free.

EDITOR'S AND PUBLISHERS' NOTES.

NOTICE TO CONTRIBUTORS.—*The Editor will at all times be glad to consider articles, stories and sketches addressed to him at* 131, *Temple Chambers, Temple Avenue, E.C., but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable. When Photos are to be returned, contributors should state so clearly on the back of each.*

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OUR PRIZE COMPETITION.

IN order to encourage children in the work of physical improvement, we have decided to give, each month, a number of handsome medals, suitably inscribed, to pupils in Elementary and State-aided schools in various districts, who, in our opinion, have during a given period accomplished most in the matter of development.

We intend to take the schools in districts and counties, and so eventually encompass the whole of Great Britain and Ireland.

Taking into consideration the fact that the summer holidays will soon be with us, and also that the altered conditions have only recently come into existence, it would be obviously unfair to expect any marked physical improvement to be shown. We therefore propose that teachers should take note of their pupils now, and, as suggested by the Committee, secure measurements, so that in three or four months' time a comparison may be drawn. We shall then issue to the head master and mistress of every school in the chosen district a form whereon the particulars required of their nominee may be entered and returned to us. These tables will be carefully gone into and the results carefully compared, a visit being made to the various schools, if necessary, so that the boy and girl in those particular schools may be definitely ascertained.

Remember, it is not the child who is the biggest or best made who is sure to secure the reward, but the one who, by conscientious attention to exercise, has succeeded in improving his or her bodily condition.

The medals are being specially cast, and I hope next month to be able to reproduce one in these columns, and also to issue particulars for distribution amongst the masters and mistresses of the schools.

THE JULY COMPETITION.

LONDON.

For a start we propose taking London as a district, and for the easier distribution of the groups, they will be the same as the postal districts, viz.: N., N.E., N.W., E., S.E., S.W., W., and W.C. Every Elementary or State-aided school in each of these eight districts will be entitled to send one nominee for competition in that particular district, and the destination of the medals will be decided by the judges, whose names will be published in due course.

Do not forget that medals will be given for girls as well as boys, and all stand an equal chance of securing one of these handsome mementos. The particulars required will be age, height, weight, chest (contracted and expanded), waist, neck, upper arm, thigh, and calf. The measurements must be taken during the month of July, and again during the last week in October, and forwarded to this office, when the returns will be gone through and the awards issued.

All enquiries, etc., respecting this competition should be addressed to the Editorial Offices, 131, Temple Chambers, E.C., marked "Competition."

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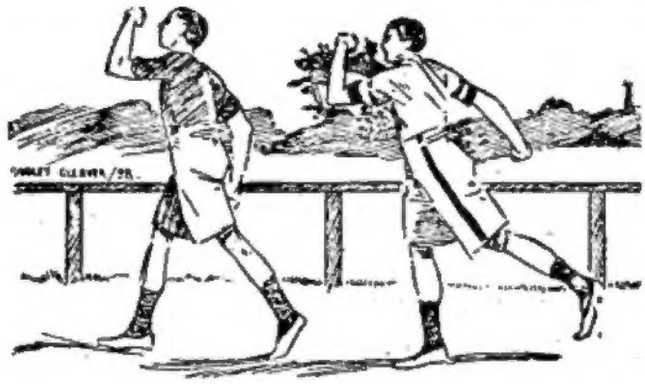

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